

# Mental Health Services

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Counseling services are offered to assist with crisis-oriented psychological or emotional difficulties which interfere with the students' ability to function and succeed in college. "In a disordered mind as in a disordered body, soundness of health is impossible." Cicero

Counseling sessions are free.

A variety of clinicians are available to assist students including licensed clinicians, interns, and trainees.

Call (909) 384-4495 for an individual appointment

Small group experiences are offered for personal development and peer

support. Call (909) 384-4495 for current groups and times.

To request a clinician to come speak to a group or class about mental health issues call (909) 384-4495

Severe mental health crisis after hours call Suicide Prevention Life Line at 1 (800) 273-8255 OR San Bernardino County Crisis Referral Hotline at (909) 381-2420, alt number (888) 743-1478 and TDD 1 (888) 743-1481

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***(909) 384-4400***

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