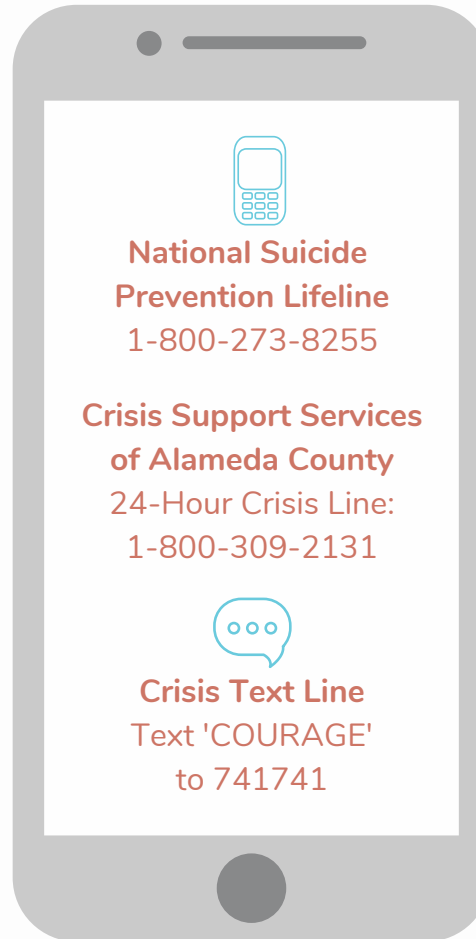


Please take a moment to read the following. If some of these ring true to you, come see us.

- I feel worried or anxious.
- Lately I feel blue.
- At times I think I am no good at all.
- I am using drugs/alcohol excessively.
- I am afraid of hurting myself.
- I am eating too much/too little.
- I don't have close friends.
- I am uncomfortable in social situations.
- I feel tired a good deal of the time.
- Sometimes I just want to talk to someone about things going on in my life.



RESOURCES



OHLONE COLLEGE
STUDENT HEALTH CENTER

PERSONAL COUNSELING SERVICES



Ohlone College Student Health Center

Fremont Campus

Building 7, 3rd Floor

Call: 510-659-6258

Email: studenthealth@ohlone.edu

Websites: www.ohlone.edu/healthcenter

www.stepupohlone.org



Welcome To Personal Counseling Services

Free, confidential personal counseling services for mental health are provided to students enrolled at Ohlone College on a short-term basis.

We are interested in your well-being, and are dedicated to serving you in handling crises and exploring personal concerns and decisions. College years are some of the most exciting years of your life...new faces, new ideas, new choices. With excitement can also come fears and anxiety. You may have temporary moments of concern and confusion about your direction, relationships, sexuality, and future plans. You are not alone. We all face these crossroads.

We care about and support your continued success at Ohlone College, and are here to provide help during your transition to college life and any time throughout your college career. We are available if you are in a crisis or just need to talk something over.



Our Services

We are here to help you discover how best to address and manage personal concerns and make positive changes. People seek counseling for a variety of issues: depression, anxiety, anger management, substance abuse, stress, grief and loss, relationship conflicts, problems with instructors, eating disorders.

We provide assessment, consultation, and community referral services.

For those students who can benefit from brief intervention, we provide short-term individual and couple counseling on a limited basis.

We also offer student support groups.



Confidentiality

The counseling relationship established with your counselor is based on trust and privacy. This means that information shared with your counselor will remain confidential. No information is released to the college officials, faculty, family, or outside agencies except with your written permission, or in accordance with the law.

Appointments

Call to make an appointment:

(510) 659 6258

Or drop by the

Ohlone College

Student Health Center

Fremont Campus:

Building 7, 3rd Floor

Newark Campus:

Room NC1214

1st Floor, Wing 2

Appointments are available Monday through Thursday. If you cannot keep your appointment, please call to cancel 24 hours ahead.

Personal Counseling Services follow the academic calendar and counselors do not meet with students during scheduled holidays or school breaks.

It is important to note that Ohlone College Personal Counseling Services are not 24-hours, nor year round services. If you feel the need for crisis assistance when we are closed, please call:

**Crisis Support Services
of Alameda County**

24-Hour Crisis Line: 1-800-309-2131