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## Mental Health Counseling Services



### Mental Health Counseling Services

The Health and Wellness Center offers depression counseling, stress testing and counseling, crisis intervention, and short-term situational counseling for relationship difficulties, anxiety, stress and other life difficulties. Licensed Marriage and Family Therapist available.

Note: Appointments are needed for marriage/family therapist and stress and depression testing. Confidentiality is guaranteed by law. **All enrolled CHC students are eligible for eight free sessions of mental health counseling each academic year.**

### Clinical Mental Health Counselors

For Appointments: Call **909-389-3272** or come in to the Health & Wellness office.