The Center for Wellness and Wellbeing provides a range of psychological services to help enhance the overall personal wellbeing of students enrolled at Santa Monica College.

SANTA MONICA COLLEGE

SPRING 2018

OFFICE HOURS and LOCATION
Monday 9:00 a.m. – 12:00 p.m.; 1:00 p.m. – 4:00 p.m.
Tuesday-Friday, 9:00 a.m. – 12:00 p.m.; 1:00 p.m. – 5:00 p.m.
Liberal Arts Building, Room 110 (Across the hall from the Assessment Center)

PHONE
(310) 434-4503
Appointments are recommended

24/7 EMOTIONAL SUPPORT PHONE LINE [800] 691-6003
• Exclusive for Santa Monica College students
• Student can call at any time for the in-the-moment support from a mental health clinician affiliated with the Center for Wellness and Wellbeing.

HOW TO MAKE AN APPOINTMENT
To schedule an appointment, please come to our office, which is located in the Liberal Arts building, room 110. In order to be eligible for our services, students must be currently enrolled and have paid their health fees. Prior to seeing a counselor, students will fill out a brief questionnaire and sign a consent form for services.

EMERGENCIES
• For on-campus emergencies, i.e., a student is a danger to him/herself or others, during office hours or after hours, contact campus police at x4300.
• For off-campus emergencies, please call 9-1-1.

CONFIDENTIALITY
All psychological counseling records are kept strictly confidential and are not part of a student’s academic record. In special circumstances, exceptions to confidentiality may be required by law. For example, when individuals pose a threat to themselves or others, or if there is reasonable suspicion of abuse to children, dependent or elderly adults, we may be required by law to share information with others outside of our center to protect the safety of the individual or others whose safety may be at risk.

WHEN TO ASK FOR HELP
Sometimes personal problems require more assistance than can be found within your own circle of support. Speaking to one of our counselors can often help to identify the problem, assist in developing more effective coping strategies, and increase knowledge of available and effective means of support.

Examples of personal problems include:
• Adjustment to college
• Academic concerns
• Stress management
• Interpersonal relationships
• Anxiety
• Depression
• Grief and loss
• Sexual Assault
• Eating concerns
• Family conflict
• Sexual orientation and/or identity concerns
• Suicidal thoughts