Resources

The Jed Foundation
Promoting emotional health and preventing suicide.
https://jedfoundation.org/students
1-800-273-8255

Depression and Bipolar Support Alliance of San Diego
www.dbsasandiego.org
858-444-6776

Active Minds
Mental Health Awareness and Resources for College Students
www.activeminds.org

Veteran Resources
More than 150 resources to help students and their families
www.onlinecollegesdatabase.org/online-college-resources-for-veterans/

National Alliance of Mental Illnesses (NAMI) for college students
www.nami.org
Information hotline: 1-800-950-NAMI

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If you have an immediate mental health emergency please call:

ACCESS AND CRISIS LINE
1-888-724-7240

If you have an emergency on campus, please call Campus Safety at
760-891-7273.

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Palomar College
1140 West Mission Rd
San Marcos, CA 92069
Mission Statement
Personal Counseling exists to facilitate the emotional, psychological, social, and academic wellness for currently enrolled Palomar students by providing high quality time-limited counseling and outreach services with professionally trained counselors.

Purpose
Palomar College provides students with personal mental health counseling under the Student Services department. Mental health counselors provide time-limited brief therapy counseling, guidance, and referrals.

Personal Therapy
Our professional staff provides support and information regarding:

- Anxiety or stress
- Cultural/racial concerns
- Continued sadness
- Relationship and family issues
- Divorce or separation
- Difficulty concentrating
- Work-related problems
- Anger management
- Difficulty coping with life issues
- Healthy living/Nutrition
- Difficulty sleeping
- Other psychological issues
- Dedicated veteran services and support

Services:
Individual, couples, and group counseling is provided by licensed clinicians in a confidential, supportive, and culturally sensitive environment.
Case management and links to community resources/services are also provided.

What to Expect in Counseling:
Counseling can reduce feelings of distress, improvement in relationships, and/or resolution of specific issues. However, there are no guarantees for a “cure” or improvement of any condition.

Number of Sessions
BHCS utilizes a short-term model of therapy (a maximum 8 sessions per semester) to assist students in addressing issues common in a college setting. The number of group sessions is unlimited, as appropriate.

Referrals
Palomar College behavioral health counselors do not provide long term psychotherapy, psychiatric medication, or on-call/after-hours services. Students with conditions that require a more intensive level of care will be referred to supportive resources in the community.

Cost:
There are no costs for counseling services for registered students who are actively taking and participating in courses at Palomar College.

Requesting an Appointment:
Please call during normal business hours through the Student Counseling Services Center at (760) 891-7511.