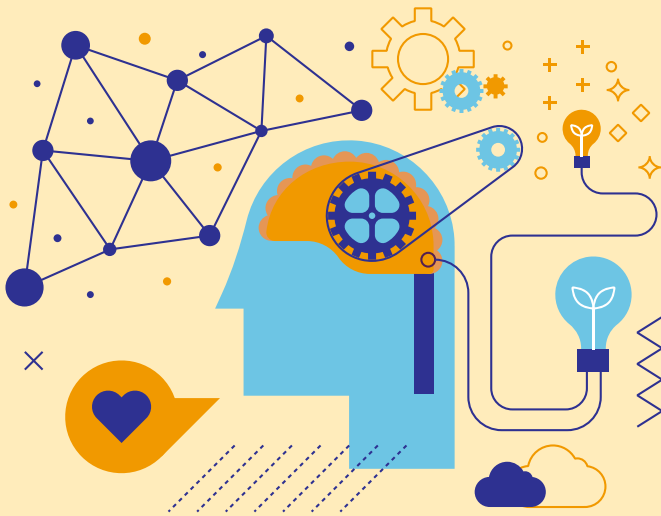


WEST VALLEY COLLEGE  
**STUDENT HEALTH**  
— SERVICES —

FREE & CONFIDENTIAL  
**COUNSELING**  
FOR PERSONAL CONCERNS



CALL 408-741-2027 OR  
DROP BY THE HEALTH SERVICES OFFICE  
MON - THURS 9:00 AM - 4:30 PM

## WHAT DOES STUDENT HEALTH SERVICES PERSONAL COUNSELING PROVIDE?

- Free individual counseling
- Walk-in crisis services
- Referral for DESP accommodations
- Information and referral to campus and community resources

## DO I NEED TO HAVE A SERIOUS PSYCHOLOGICAL PROBLEM TO COME TO PERSONAL COUNSELING?

No. Students come to talk about all types of concerns, big and small.



## WHAT ARE SOME THINGS I CAN TALK ABOUT?

- Whatever is on your mind
- Stress and anxiety
- Relationships and communication
- Substance use and addictions
- Death or loss
- Suicidal thoughts
- Academic pressure
- Depression and loneliness
- Sexuality and gender
- Disordered eating
- Cultural adjustment
- Sexual assault

## WHO ARE THE STAFF?

Licensed mental health professionals, MFT and Social Work graduate student interns.

## WHAT ABOUT PRIVACY? ARE THE SERVICES CONFIDENTIAL?

Yes, Student Health Services maintains a strict policy of confidentiality within HIPAA and FERPA guidelines.

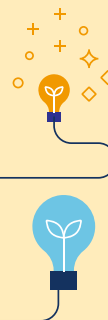
## HOW DO I MAKE AN APPOINTMENT?

Call (408) 741-2027 or drop by the Health Services office on campus.

Hours: Monday –Thursday from 9:00 AM – 4:30 PM

## FOR FREE, CONFIDENTIAL, 24/7 HELP PLEASE CONTACT:

- 24 Hour Suicide and Crisis Service, County of Santa Clara: (855) 278-4204
- National Suicide Prevention Lifeline: (800) 273-TALK (8255)
- Crisis Text Line: text HELLO to 741741
- 911 for Life Threatening Emergencies



[westvalley.edu/services/health](http://westvalley.edu/services/health)