

Therapy is a safe, confidential, and collaborative experience to help you work through challenges. **In order to schedule an appointment, [CLICK HERE TO REQUEST A MENTAL HEALTH COUNSELING APPOINTMENT](#).** Common concerns include:

- Adjustment to college
- Relationship Difficulties
- Coping with crisis
- Problems at school or work
- Stress management
- Difficulties sleeping
- Anxiety
- Depression
- Alcohol and/or drug use
- Family stress
- Grief
- Social isolation

~~Updated information in how to schedule a fall 2022 appointment will be forthcoming~~

FALL 2022 HOURS:

~~Services will be available for the fall semester on August 29, 2022.~~

Remote and In-person Mental Health Counseling Appointments Available: ~~will be available.~~

~~Updated information will be forthcoming.~~

Monday – Thursday: 9:00a.m. - 4:30p.m. Friday: 9:00a.m. - 12p.m.

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