Therapy is a safe, confidential, and collaborative experience to help you work through challenges.**~~There will be limited mental health services available during summer 2022. In order to seek out mental health services,~~**[**~~please click here to Request a Summer Mental Health Counseling Appointment.~~**](https://forms.office.com/Pages/ResponsePage.aspx?id=Fmqh7q9Ie0eREwWxwBEj_1wrtQL9CpNPrTK9PKgqpQJUMjNPMFZVR1lXQ0xBMlBTWU5ST1hWVFhWRy4u) Common concerns include:

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

**HEALTH & WELLNESS SERVICES HOURS & LOCATION**

**~~SUMMER~~ FALL 2022 HOURS:**

*~~Due to the Coronavirus health crisis, there are limited services being offered on the College of Alameda campus at this time.~~  Services will be available for the fall semester on August 29, 2022.*

**~~Limited~~ Remote and In-Person Mental Health Counseling** will be ~~offered.~~ available.~~Call #510-464-3535, email~~[~~peraltawellness@peralta.edu~~](mailto:peraltawellness@peralta.edu)~~or~~[~~click here to schedule a summer mental health counseling session.~~](https://forms.office.com/Pages/ResponsePage.aspx?id=Fmqh7q9Ie0eREwWxwBEj_1wrtQL9CpNPrTK9PKgqpQJUMjNPMFZVR1lXQ0xBMlBTWU5ST1hWVFhWRy4u)~~Please note that there may be a wait time.~~

Updated information will be forthcoming. Contact Lisa Sawadogo, Health Services Coordinator at #510-748-2320 or [lisasawadogo@peralta.edu](mailto:lisasawadogo@peralta.edu)