

MISSION STATEMENT

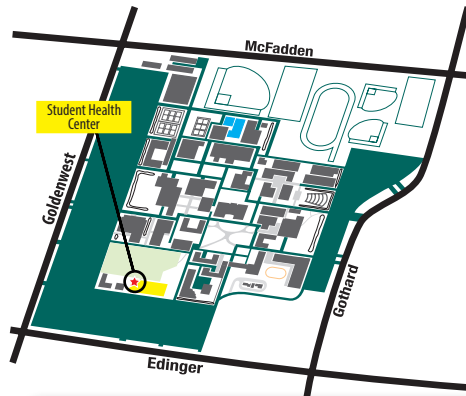
The mission of the Student Health Center at Golden West College is directly linked to the core educational mission of the campus.

The goal of our therapists is to reduce mental health symptoms in order to improve school success in our students. By teaching students how to remove psychological barriers that threaten academic achievement and personal well-being, the Student Health Center contributes to a safe and productive campus learning environment, increased retention, and higher graduation rates.



LOCATION

Far south side of campus in the School of Nursing & Health Services building. Enter through the breezeway across from the elevator. Edinger Parking lot, E.



Please see the website or call our office for Health Center hours

goldenwestcollege.edu/student-health-center/



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Golden West College
Tim McGrath, President

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David A. Grant; Mary L. Hornbuckle; Jim Moreno;
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MENTAL HEALTH & WELLNESS SERVICES

GWC
STUDENT HEALTH
CENTER



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THERAPY SERVICES

The Student Health Center offers therapy for students who are dealing with issues such as:

- Stress
- Relationships
- Life transitions
- Sexuality
- Grief
- Sexual assault
- Anxiety
- Depression
- Substance misuse
- Eating disorders
- Social services
- Anger management
- Time management
- Sleep disturbances

The Student Health Center offers free confidential therapy services to enrolled GWC students.

If you have any of these concerns or would like general professional assistance, please come in or call for an appointment.

We use brief models of therapy (1-8 sessions) designed to achieve short-term goals.

We offer:

- Individual Therapy
- Crisis intervention
- Cognitive Behavioral Therapy
- Motivational Interviewing
- Referral services
- Consultation

WELLNESS & SELF-IMPROVEMENT SERVICES

Our therapists offer a variety of therapy experiences designed to enhance personal growth and well-being.

How to:

- Make life more fulfilling
- Manage stress
- Increase coping skills
- Achieve one's life goals
- Improve relationships
- Maximize your career potential
- Improve decision-making skills
- Improve time-management skills
- Learn problem-solving skills

Your therapist will assist in identifying and understanding the issue and will strive to help you make positive changes. Confidential therapy is provided by licensed psychologists and social workers.

Therapists at the Student Health Center are available by appointment, and have limited hours. Students who require more intensive treatments, including 24-hour availability of providers and longer term therapy approaches, will be evaluated and referred to appropriate community providers.

The Student Health Center welcomes students of all backgrounds, value systems, and lifestyles.



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