

**Mental Health Counseling for Summer 2025**

Thank you for inquiring about mental health counseling services at the COS Student Health Center.

During the summer months, our Student Health Center uses a short-term counseling program called **DRAW** (Depression Reduction Achieving Wellness) to cover our students' needs. You must be actively enrolled in a COS summer school session to be eligible for the DRAW program.

The counselor for the DRAW program is Seng Leang (pronounced Sing-Ling) Tang, LMFT. Seng Leang provides up to 4 counseling sessions over the summer break. All sessions are conducted through teletherapy, are confidential and do not count towards your eligibility for other services during the regular school year. To begin these services, simply contact Seng Leang directly by phone, email or text and let her know you are a COS student interested in counseling.

**Counselor’s contact information:**

Seng Leang Tang, LMFT, DRAW Program Therapist

Email: sunshineleang@gmail.com Phone: (559) 380-6690 (call or text)

Another excellent summer option for students is the FREE Soluna app. Soluna is a program developed out of a CalHOPE initiative to provide virtual behavioral health solutions to teens and young adults. This online mental health tool provides interactive resources and coaching. The attached flyer gives a QR code for quick access to this resource.

If you are interested in receiving mental health services during the **FALL 2025** semester, the COS Student Health Center will resume taking intake registration forms on **Aug. 11, 2025**. To ensure getting the full 8 sessions, we recommend contacting the Student Health Center within the first 2 weeks of the fall semester. You can find our intake forms on our website at [**https://www.cos.edu/** and submit it online or drop it off at the Student Health Center on any of our 3 campuses.](https://www.cos.edu/)

**Lastly, do not hesitate to contact the COS student health center during our summer hours if you have any other questions about mental health services (559) 730-3880. Our summer hours are as follows**:

Monday – Thursday 9am to 1pm

CLOSED Fridays

\*closed for the holidays on 6/19/25 & 7/4/25

**If you find yourself in immediate crisis and need help for yourself or someone else, please call one of the following resources:**

National Suicide Prevention Lifeline- 988

Tulare Co. Mobile Crisis Response 1-800-320-1616

National Domestic Violence Hotline 1-800-799-SAFE (7233)

National Sexual Assault Hotline 1-800-656-4673

Tulare Co. Sexual Assault Hotline 559-732-7273