



## Student Health Center

---

### COS Mental Health Services

Welcome! We are glad you have decided to make your mental health a priority. The mission of our mental health counseling program is to provide students with research-informed, ethically sound and culturally sensitive mental health services. We support students by providing a safe environment for them to enhance their self-awareness, interpersonal skills and personal development.



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

- Mental/Behavioral Health emergency call 9-1-1
- National Suicide Prevention Lifeline 1-(800)-273-8255
- Tulare Co. Crisis Hotline 1-(800)-320-1616
- National Domestic Violence Hotline 1-(800)-799-SAFE  
\*Tulare Co. Domestic Violence Hotline (559)-732-5941
- National Sexual Assault Hotline 1-(800)-656-4673  
\*Tulare Co. Sexual Assault Hotline (559)-732-7273
- Substance Abuse and Mental Health Services Administration SAMHSA 1-(800)-662-HELP (4357)

Download the 211 App for community resources that may be available to you!

Available for Android and Apple mobile devices.



## COS Mental Health Services

### Before you begin.

The first step is to complete and return the intake form. This form can be found on the COS website under Mental Health Services or may be picked up at the Student Health Center. Please fill out this form as accurately as possible so that we may best assist you and your needs.

### Now what...

Now that you have filled out your intake form, you should expect a phone call from us to schedule your first appointment within 2-3 days! Your first appointment is an intake assessment, and typically it will take about an hour. All following sessions will be about 50 minutes. In the meantime, feel free to check out additional mental health resources on our web page at <https://www.cos.edu/en-us/student-life/health-services/psychological-services>.

### Once your appointment has been made.

It is important that you remember your appointment time and date. If you cannot make it to your appointment, please let us know as soon as possible.

#### *No Show Policy*

If you do not show to your appointment and do not let your counselor know ahead of time, this missed session will count as one of your 8 maximum sessions, and you will now have only 7 sessions. Please be aware that multiple "no shows" may result in a termination of counseling services for the semester.

### What to expect...

All actively enrolled students are eligible for up to 8 sessions each semester with a 2-semester maximum. These semesters do not have to be consecutive. Counselors understand that each student is unique and will offer support and a safe space to talk. Counselors work with students to make meaningful behavior changes and provide coping skills for dealing with life's challenges. If a student is in need of additional services, counseling staff assist in making appropriate referrals.

## Student Responsibilities



Please sure that all your contact information is up to date. We will try contacting you by phone and/or email. If you have had a recent change of information, please let us know.

Please be on time for your appointment. If you cannot make your appointment time, please call as soon as possible.

Check your **COS email** regularly. Your appointment reminders are sent here.

Additional Questions?  
Call the Health Center  
at (559)730-3880