

Mental Health Resources @ Whittier College

The Student Counseling Center

Call: (562) 907-4239

Email: counselingcenter@whittier.edu

Visit: <https://www.whittier.edu/counseling>

Hours of Operation

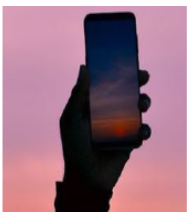
Monday - Friday, 8 a.m. - 5 p.m.

Closed daily from noon – 1 p.m.

Professional counseling staff for after-hours emergencies is on call 24 hours a day, seven days a week, call **Campus Safety at (562) 907-4211**

For additional assistance **Marysol Mendoza**, Students Affairs Resource Case Manager, is available at **(562) 907-5118**.

**In-Person & Telehealth (remote)
Appointments Available**



No student should struggle alone.

TalkCampus App

Sometimes life is awesome.
Sometimes not so much.
TalkCampus is a safe student network that's all about support.
Let's talk.

Now FREE for Whittier College students!
Access the app with your poets@whittier.edu email address



Available in the Apple Store and Google Play

Connecting globally in over **25 different languages**

The Counseling Center Presents

Let's Talk

Virtual & In-person Mental Health Consultations

1. Call the Counseling Center to check-in at (562) 907-4239.
2. Consult usually lasts 10-25 minutes.
3. We are here to listen!

Times:
Mondays 10am-12pm
Tuesdays 1 pm - 3 pm
Fridays 10 am-12 pm

Location: Turner Hall 2nd Floor Lobby
or call the CC for a virtual consult

YOU AT WHITTIER

A PERSONALIZED WEB PORTAL CONNECTING YOU TO ONLINE TOOLS AND CAMPUS RESOURCES TO SUPPORT YOUR GOALS TO SUCCEED, THRIVE, AND MATTER.

HOW CAN YOU HELP YOU?

- DISCOVER TOOLS TO SUPPORT YOUR ACADEMIC AND PROFESSIONAL SUCCESS
- LEARN WAYS TO NURTURE YOUR WELL-BEING TO HELP MANAGE THE STRESS OF COLLEGE
- EXPLORE OPTIONS TO FIND COMMUNITY AND AWAKEN YOUR PASSIONS

SIGN UP TODAY FOR YOU@WHITTIER WITH YOUR POET EMAIL AT YOU.WHITTIER.EDU

VIRTUAL CARE GROUP

WANT TO SPEAK TO A THERAPIST OR DOCTOR?

AS A WC STUDENT, YOU HAVE FREE UNLIMITED ACCESS TO DOCTORS, THERAPISTS, ON-DEMAND CRISIS COUNSELING, AND LIFE COACHING THROUGH THE VIRTUAL CARE GROUP.

GETTING STARTED IS EASY!

REGISTER FOR FREE AT THEVIRTUALCAREGROUP.COM/WHITTIER

USE ZIP CODE **90602** WHEN PROMPTED

- 24/7 ACCESS. 365 DAYS A YEAR
- AVAILABLE IN OVER 250 LANGUAGES
- WEB AND MOBILE APP AVAILABLE

SPEAK TO A DOCTOR OR THERAPIST TODAY!

For additional resources and events check out the Wellness Calendar <https://tinyurl.com/WC-Wellness-Coalition-Calendar>

