

Student Wellness and Mental Health Program



It's not easy trying to balance school, work, and family life. Sometimes talking things out with a trained professional can help.

The **DVC Wellness Program** offers up to 5 sessions of free therapy for registered students.

Students see our Wellness Counselors for many reasons. Wellness counselors can help you with:

- Stress
- Depression symptoms
- Relationships
- Family issues
- Identity
- Distressing life events
- Or if you just want someone to talk to.

**Our counselor interns are providing virtual therapy over Zoom.
Free - Confidential - Safe and welcoming**

You don't have to do it all alone. DVC Wellness is here for you.

To find out more, visit our webpage: www.dvc.edu/enrollment/counseling/wellness.html



Email: wellness@dvc.edu



Pleasant Hill Campus: 925-969-2148



San Ramon Campus: 925-551-6209