

At Delta College, we understand that students may at times experience life issues that can be overwhelming. These cause barriers to learning such as strained relationships, increased anxiety, depression, alcohol/drug concerns, difficult concentrating and/or lack of motivation. Delta College offers many support services to assist you with these or ANY other concerns you may be experiencing. If you, or anyone you know, is suffering from any challenges, reach out for support. Confidential counseling services are available through the Counseling Center located on the 2nd floor of the DeRicco Student Services Bldg, or by calling (209) 954-5151 ext. 6276. You may request an urgent personal counseling appointment.

See the college's Health & Wellness website:

<http://www.deltacollege.edu/departments/health-wellness>

REMEMBER...you are not alone. We are here to help. We care.