



MODESTO JUNIOR COLLEGE

## Mental Health Therapy Schedule



### MONDAY

West Campus, 1:00pm-3:00pm

### TUESDAY

West Campus,  
1:00pm-2:00pm Walk-ins  
2:00pm-4:00pm Appts.

### WEDNESDAY

West Campus, 10:00am-4:00pm  
East Campus, 1:00pm-4:00pm

### THURSDAY

East Campus, 9:00am-12:00pm

### FRIDAY

West Campus, 1:00pm-5:00pm

career  
grades  
stress  
depression  
family issues

anxiety  
study skills  
sexuality

uncertainty  
relationship  
self-esteem

midterms  
worrying

## Mental Health Therapy is available at Modesto Junior College if you have:

- Difficulty coping with life or day-to-day functions
- Impulsive behaviors or mood swings
- Feelings of sadness, hopelessness most of the time
- Constant thoughts about a traumatic event
- The need to use prescriptions, drugs or alcohol to numb emotional pain
- Thoughts of suicide
- Excessive worrying
- Irrational fears that interfere with life
- An unusual or highly troubled relationship with food

### Make an appointment at Health Services on:

East Campus: Morris Building, Room 108. (209) 575-6037

West Campus: Yosemite Hall, Room 114. (209) 575-6360