

The Carlos L. González Counseling Center staff are licensed clinicians who help students gain insight and develop healthy coping strategies to address:

Psychological Concerns—depression, anxiety, eating disorders, addiction & substance abuse

Personal Concerns—academic difficulties, cultural and identity issues, gender, sexual orientation, family problems, self-esteem, stress/anger management, concern about others

Interpersonal Issues—communication skills, dating & relationships, conflict management & resolution

Crisis Intervention—acute stress, suicidality, sexual assault, death of a family member or friend

Pay attention to warning signs

- Academic Pressures | Missing classes
- Poor grades
- Difficulties making decisions and/or Concentrating
- Lack of motivation
- Increased nervousness | Anxiety | Panic
- Sleep disturbance | Changes in appetite
- Poor hygiene | Drastic change in self care
- Excessive sadness | Frequent crying
- Feeling Hopeless | Worthless
- Extreme mood changes | Irritability
- Social isolation | Lack of social support
- Increased use of alcohol or drugs
- Risk taking behaviors
- Feeling like you never want to wake up
- Thoughts of harming self or others

Resources

NYC Well 24/7 Crisis Services & Mental Health Support
(888) 692-9355 | nycwell.cityofnewyork.us

Crisis Text Line | Text HOME to 741741

National Suicide Prevention Lifeline
(800) 273 - 8255 | suicidepreventionlifeline.org

The Trevor Project | 24/7 Crisis Intervention & Suicide Prevention for LGBTQ Youth
(866) 488-7386 | thetrevorproject.org

National Alliance on Mental Illness | nami.org

Depression & Bipolar Support Alliance
(800) 826-3632 | dbsalliance.org

National Eating Disorders Association Helpline
(800) 931-2237 | nationaleatingdisorders.org

S.A.F.E. Alternatives (800) DONTCUT
(800) 366 - 8288 | selfinjury.com

Love Is Respect | 24/7 End Dating Abuse
(866) 331-9474 | loveisrespect.org

National Sexual Assault Hotline 24/7
(800) 656-4673 | rainn.org

National Domestic Violence Hotline
(800) 799-7233 | thehotline.org

New York City Young People in AA
nycypaa.org | (212) 647-1680

Narcotics Anonymous | na.org

SAMHSA National Drug Treatment Referral Helpline
(800) 662-4357 | samhsa.gov

New York State HOPE line (877) 846-7369
Heroin, Alcohol, Prescription Drugs

New York State HIV Counseling Hotline (800) 872-2777

American Sexual Health Association
STD Hotline | (919) 361-8488

Callen Lorde Community Health Center
Primary Care, Mental Health, Sexual Health
callen-lorde.org | (212) 271-7200

Half of Us | <http://www.halfofus.com/>

Love is Louder | <http://www.loveislouder.com/>

Seize the Awkward | <https://seizetheawkward.org/>

S · D · E · M Division of Student Development + Enrollment Management

CUNY THE CITY UNIVERSITY OF NEW YORK



Student Guide TO Counseling Services



The Carlos L. González Counseling Center



450 Grand Concourse
C Building, Room 330, Bronx, NY 10451
(718) 518-4461

www.hostos.cuny.edu/sdem/counseling.html

Welcome

The Carlos L. González Counseling Center is committed to promoting the psychological health and wellness for registered Hostos students in a confidential and supportive environment. Our staff values acceptance & inclusion and provides ongoing counseling to address concerns which may interfere with academic success and personal development.

What is Counseling?

Counseling services at Hostos Community College help students identify emotional, academic, personal and health issues, gain insight and develop skills to cope more effectively with stressors in their life.

How Can the Counseling Center Help Me?

The Counseling Center offers a wide range of services to registered Hostos students including short term individual therapy, crisis intervention, consultation, psychological education and referrals specific to a student's needs.

Counseling Center Staff

Director of Counseling Services

Linda Alexander

Student Psychological Counselors

Allison Lee, alee@hostos.cuny.edu

Michael Martinez, mimartinez@hostos.cuny.edu

Tovah Thompson, tthomspn@hostos.cuny.edu

Leo Coodin, lcoodin@hostos.cuny.edu

Faculty Counselor

Lizette Colón, lcolon@hostos.cuny.edu

Administrative Assistant

Luz Fontanez, lfontanez@hostos.cuny.edu

Intake & Referral Specialist

Linda Delorme, ldelerme@hostos.cuny.edu

Additional contact option, monitored daily

infocounseling@hostos.cuny.edu

Scheduling an Appointment

Students can schedule an appointment:

- Appointments are available by emailing infocounseling@hostos.cuny.edu or by leaving a message on 718-518-4461. If you are seeing a counselor whose contact information is on this brochure, you may contact them directly. Otherwise use the general contact to reach us.

In case of an emergency when the counseling center is closed:

- Public Safety (718) 518-6888
- Go to your nearest Emergency Room
- Call 911

What to Expect

The focus of the initial appointment is to understand your concerns and how your daily functioning is being impacted. Staff will provide support, respond to student concerns, and assess student needs.

Confidentiality

The Carlos L. González Counseling Center maintains a strict policy on confidentiality. All student information and sessions are private and confidential. Nothing is entered in the student's academic record or shared without the student's signed consent. Staff members, however, may disclose information deemed necessary in cases of harm to self or others, evidence of child abuse/neglect, or upon court order.

U Lifeline

For an anonymous screening, you can visit www.ulifeline.org/hostos