



What is counseling?

Counseling Services at Hostos Community College are a way to assist students with emotional, academic, and health issues. Developing these social skills will create enthusiasm for balanced and successful lives.

Confidential

Nothing is entered in student's academic record or shared without a student's signed permission unless specified by law.

Committed

To locating quality referrals specific to student's needs.

What if I'm not sure I need counseling?

If you aren't sure you need counseling, schedule a consultation anyway. You don't need to have an obvious issue to discuss, only a desire to achieve a higher level of personal wellness.

Reasons many people seek counseling include:

- General concerns about emotional well-being
- To Improve academic performance
- Family or relationship concerns
- Consultation and referral to other resources
- Sexual, emotional or physical abuse

Signs that stress is becoming too much to handle:

Difficulty making decisions

- Prolonged depression
- Poor hygiene or drastic change in appearance
- Social isolation/lack of support system
- Thinking about death or suicide
- Wanting to "never wake up"

**Don't wait until it's too late.
Look into these additional
sources:**

ULifeline

**Take an anonymous
screening at**

www.ulifeline.org/hostos

Crisis Resources

1-800-Lifenet

**National Suicide
Prevention Helpline**

1-800-273-TALK (8255)

www.Suicidepreventionlifeline.org

Counseling Center Staff:

Director of Counseling Services

Linda Alexander-Wallace

C-330 (718) 518-4461

Counselors

Professor Lizette Colón

C-377 (718) 518-4261

Sean Fenton

C-375 (718) 518-4164

Susan Miceli

C-374 (718) 518-4244

Barbara Rivera-Berger

C-376 (718) 664-2605

Raquele Williams

C-330c (718) 518-4234

Administrative Assistant

Luz Fontanez (718) 518-4461

C-330

Counseling is available for free to
Hostos Community College students.



The Counseling Center

Phone: 718.518.4461

450 Grand Concourse

C - 330 / 3rd Floor

Bronx, New York 10451

Website

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

e-mail:

infocounseling@hostos.cuny.edu



Student Guide TO

Counseling SERVICES