



FREE MENTAL HEALTH WELLNESS SERVICES AT SOLANO COLLEGE

Wellness Counselors can help you with: test anxiety, relationship issues, life transitions, anxiety, depression, conflict/exploration of identity, grief/loss, performance anxiety/issues in sports and more.

All in-person wellness sessions are provided in the Counseling center in Bldg 400, at the Fairfield campus. Virtual appointments are available upon availability of the counselors.

Services follow the academic calendar schedule. To qualify for services through our mental health wellness program, students must be 18 years old and currently enrolled for the semester.




Wellness Counselors are accumulating their clinical hours for licensing & are supervised by Dr. Donna Lee PSY 300500 from National University

**Please use the link
or QR code below
to complete a
request for a
wellness
counseling
session:**

**[www.tinyurl.com/
sccwellness](http://www.tinyurl.com/sccwellness)**

**HAVE QUESTIONS?
CONTACT US**

 **707-864-7101**

 **counseling@solano.edu**

