



Meet the Staff



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Counseling Services



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Additional contact option, monitored daily
infocounseling@hostos.cuny.edu

Counseling is available for free to registered Hostos Community College students.

Students can schedule an appointment 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 above, you may contact them directly. Otherwise use the infocounseling@hostos.cuny.edu address 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

Welcome

The Carlos L. González Counseling Center is committed to promoting the psychological health and well-being for students in a confidential and supportive environment. Our staff values acceptance & inclusion and provides 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.

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 unless specified by law.

Reasons many students seek counseling

- *Personal Concerns* — academic difficulties, cultural and identity issues, gender, sexual orientation, self-esteem, family problems, stress management, concerned about friends
- *Interpersonal Issues* — communication skills, dating & relationships, conflict management & resolution
- *Psychological Concerns* — depression, anxiety, eating disorders, addiction & substance abuse
- *Crisis Intervention* — suicidality, acute stress, sexual assault, death of a family member or friend

Students might experience warning signs with increased levels of stress

- Avoiding classes | Issues focusing | Difficulties making decisions
- Increased nervousness | Anxiety | Panic
- Sleep disturbance | Changes in appetite
- Poor hygiene | Drastic change in appearance
- Excessive sadness | Frequent crying
- Hopelessness | Worthlessness
- Extreme mood changes
- Social isolation | Lack of social support
- Increased use of alcohol or drugs
- Negative thoughts of harming self or others
- Thinking or talking about death or suicide

