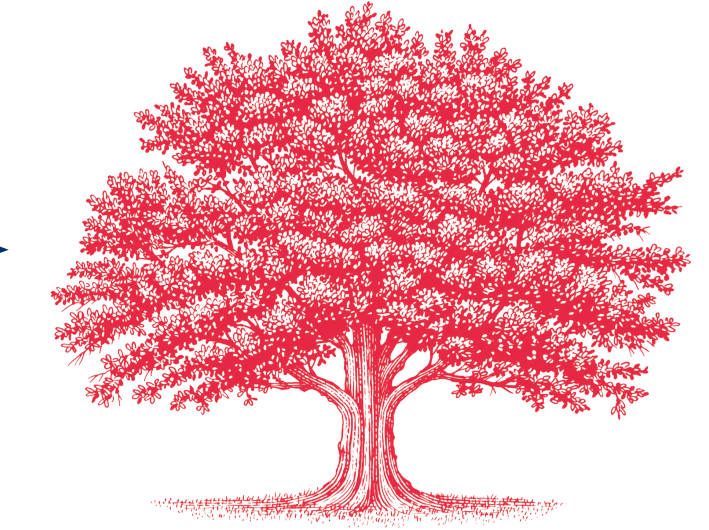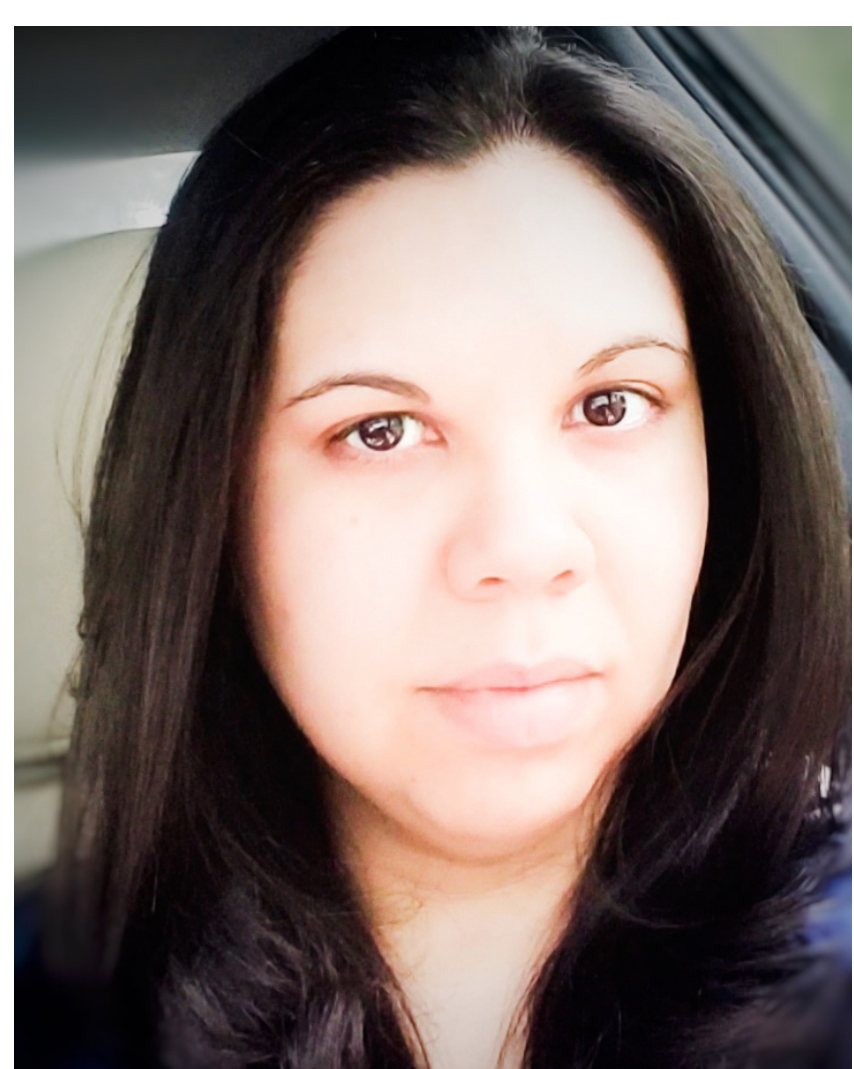# Meet the Counselors

Linda Alexander
Director of
Counseling Services

Isalia Crespo
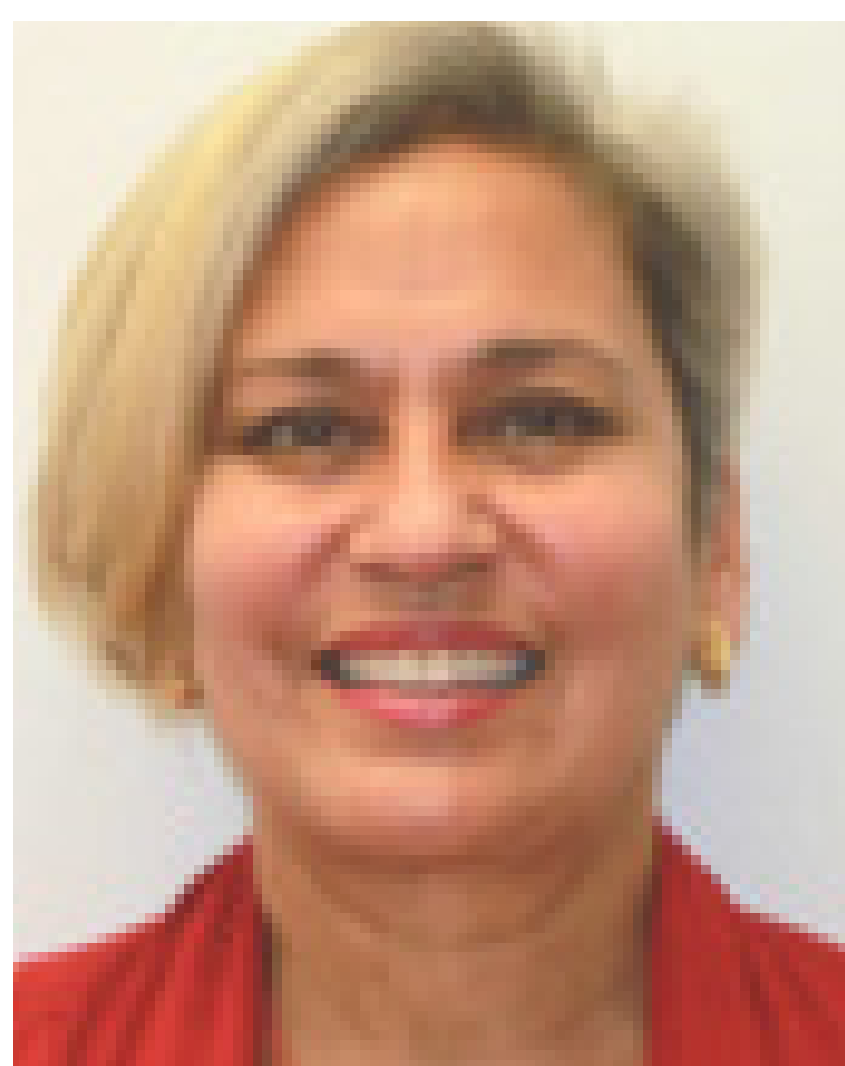Student Psychological
Counselor
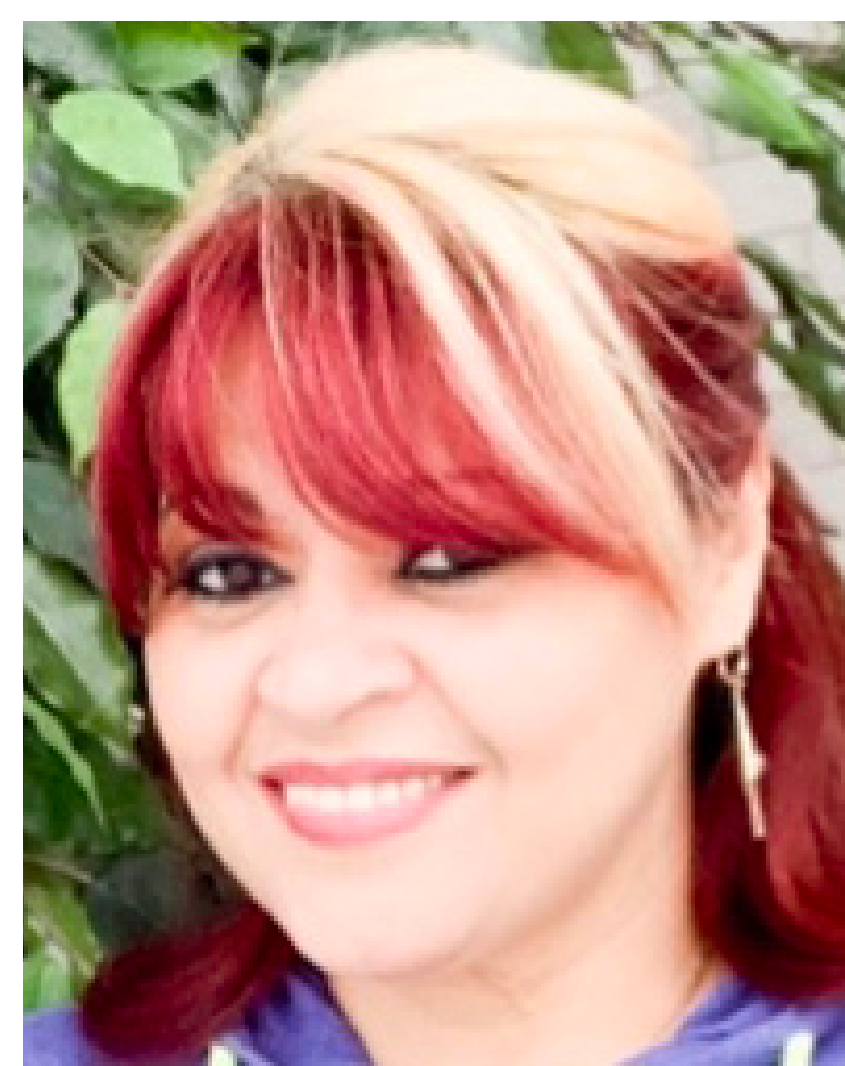
Allison Lee
Student Psychological
Counselor

Michael Martinez
Student Psychological
Counselor

Robert Rivera
Student Psychological
Counselor

Lizette Colón
Faculty Counselor

Luz Fontanez
Administrative
Assistant

Linda Delerme
Intake & Referral
Specialist

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

Office hours are:
(This schedule is while classes are in session)
Monday 11:00 – 4:45PM
Tuesday 10:00 – 4:45PM
Wednesday 10:00 – 6:45PM
Thursday 10:00 – 6:45PM
Friday 9:00 – 1:00PM
(The office is closed every day from 1:00 – 2:00PM)

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.
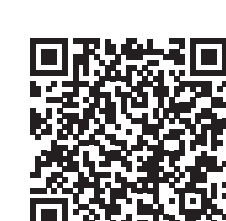
What if I'm not sure I need counseling?

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"