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Student Health & Wellness Services

Mental Health Services

The Student Health & Wellness Center is proud to offer the following mental health services to students. Mental health services are provided free of charge to students. Workshops are open to all students while short-term mental health counseling is available upon request and contingent on the availability of personnel. Students are encouraged to visit each of the webpages noted under this heading to learn more about our mental health services.

- [Behavioral Health Workshops \(/healthcenter/workshops.php\)](/healthcenter/workshops.php)
- [Chill & Chat Workshops \(/healthcenter/chillandchat.php\)](/healthcenter/chillandchat.php)
- [Crisis Counseling \(/healthcenter/textline.php\)](/healthcenter/textline.php)
- [Short-Term Mental Health Counseling \(/healthcenter/behavioral.php\)](/healthcenter/behavioral.php)
- [Mental Health Counseling Request Packet \(/healthcenter/assets/docs/Electronic%20Counseling%20Request.pdf\)](/healthcenter/assets/docs/Electronic%20Counseling%20Request.pdf) (for student use - return counseling request packet to pgonsman@laspositascollege.edu (<mailto:pgonsman@laspositascollege.edu>))
- [Behavioral Intervention Resource Team \(BIRT\) \(http://laspositascollege.edu/birt/index.php\)](http://laspositascollege.edu/birt/index.php) (for faculty/staff use - mental health and behavioral referrals)

[COVID-19 Information \(/healthcenter/covid.php\)](/healthcenter/covid.php)

[Mental Health Services \(/healthcenter/mentalhealth.php\)](/healthcenter/mentalhealth.php)

Student Health & Wellness Center

3000 Campus Hill Drive
Building 1700, Room 1710
Livermore, CA 94551

☎ (925) 424-1830 (tel:925-424-1830)

✉ pgonsman@laspositascollege.edu (<mailto:pgonsman@laspositascollege.edu>)

Business Hours

Monday 9:00 am – 5:00 pm
Tuesday 11:00 am – 7:00 pm

Wednesday

9:00 am – 5:00 pm

Thursday

9:00 am – 5:00 pm

Friday

9:00 am – 1:00 pm

Nurse Practitioner/Center Coordinator

Patricia "Tricia" Gonsman, MSN FNP-C

Certified Medical Assistant

Monica Clifford