

About Mental Health Services

Mental health services provide help for people who are experiencing emotional problems that interfere with their work or personal lives.

For example, pressures from school, home, and job may accumulate and make it difficult to function effectively in all areas. The onset of a sudden change such as job loss, break up of a relationship, or death of a close relative may create emotional problems that interfere with daily living.

SOME WARNING SIGNS

- Physical complaints when no medical causes can be found.
- Excessive anxiety for no apparent reason.
- Prolonged feelings of despair and unhappiness, withdrawal, lack of interest in daily activities, etc.
- An unusual amount of irritability or suspiciousness toward others.
- Not working up to capacity at school or work - inability to concentrate.
- Personality changes that can't be explained, such as sudden shifts in mood or behavior.

Individuals experiencing one or more of these symptoms may be helped by counseling. The Personal Counseling Program provides free, confidential consultation, referral and short-term services for students at the College.

The goal of short-term treatment may be to prevent small problems from becoming big ones or to intervene quickly in a crisis, helping people to return to their normal functioning as soon as possible. Remember that most people who seek help benefit from the treatment.

In situations where the problems are more longstanding, referrals can be provided for group services at the Center or low-cost, quality services at a community mental health clinic.

If you or someone you care about suffers any of the above symptoms and you would like more information, come in and speak with a professional counselor in 1303 James Hall (0203J after October '04).

All services are free and confidential.

Find us on the Web at PC.BROOKLYN.CUNY.EDU