



Mental Health Counseling

Now Available to CPTC Student

The Counseling Office is pleased to announce that we now have two licensed mental health counselors available to support students.

The Counseling Office provides a safe, supportive, and inclusive environment where students can address personal challenges while pursuing their education. Our counselors are committed to helping students develop skills, improve well-being, and successfully navigate life's challenges.



**YOU ARE
NOT ALONE.**

SCHEDULE YOUR APPOINTMENT



253-589-5548

Appointment Hours

Monday 1:00 – 4 p.m.
Tuesday 7:30 – 10:30 a.m.
Thursday 10:00 a.m. – 1:00 p.m.



counseling@cptc.edu



www.cptc.edu/counseling



Advising & Counseling Office
Building 17, Room 150
4500 Steilacoom Blvd SW
Lakewood, WA 98499

**Contact us to learn more
about counseling services**

What We Help With

Individual Counseling

Short-term mental and behavioral health counseling is available to help students:

- Learn healthy coping strategies
- Manage emotions and symptoms
- Build resilience and life skills

Students seek counseling for many reasons, including:

- Manage emotions and thoughts
- Balancing work, school, and personal life
- Time management
- Life transitions
- Advocacy and self-advocacy

Crisis Services

Immediate support is available for urgent mental health concerns, including:

- Suicidal thoughts
- Thoughts of harming yourself or others
- The death of a loved one
- Significant psychological distress

Connection to Community Resources

When longer-term or specialized support is needed, counselors can help connect students with appropriate community mental health resources.