

# MENTAL HEALTH COUNSELING SERVICES

MBKU offers a multitude of services with a goal of providing support, assistance, and resources which enable students to achieve at the highest possible level. Wellness is a priority, and all registered students are encouraged to take advantage of the services offered.

The Director of University Student Counseling Services is available on a part-time flexible schedule throughout the week for personal counseling at no cost. Set up an appointment via e-mail ([akirschchen@ketchum.edu](mailto:akirschchen@ketchum.edu)) or phone (714-595-9700).

## Common Student Issues:

- Academic pressure
- Managing difficult emotions
- Anxiety and stress
- Personal development
- Mild depression
- Life transitions
- Relationship issues
- Grief and loss
- Family and interpersonal conflicts

## Services We Offer:

- Individual sessions with a licensed psychologist for short-term issues
- Resources and support
- Literature
- Referral to outside resources for more serious issues
- Seminars devoted to issues such as time management and resilience

### Services We Do NOT Offer:

- Intensive outpatient mental health treatment
- Treatment mandated by the legal system
- Assessment for learning disabilities

## Supplemental Services:

In addition to the Director of University Student Counseling Services, MBKU has a special arrangement with Hope Counseling Center (HCC) that allows an expansion of counseling options to all current MBKU students. HCC trains graduate students to help clients enhance their daily living and become empowered to overcome any obstacles clients may face. They offer personal/individual, marriage/couples, and family counseling Monday through Friday from 9:00am to 8:00pm and cost only \$5 per session. No reports of any kind will be sent to MBKU.

The HCC facility is located at 2585 E. Chapman Ave, Fullerton, CA 92831, right next door to Chase Bank (5 minutes from MBKU main campus). For more information and to schedule an appointment, call 714-879-3901 ext. 1266.

All conversations are confidential and provided by qualified professionals. If you are experiencing a medical or psychiatric emergency call 911.

## Other Resources:

- 988 Suicide and Crisis Lifeline (24/7): Dial or Text 988
- Trans Lifeline: 877-565-8860
- SAMHSA's National Mental Health Helpline: 800-662-HELP (4357)
- National Mental Health Hotline: 866-903-3787
- National Alliance on Mental Illness: 800-950-NAMI (6264)
- National Sexual Assault Hotline: 800-856-4673