

Personal Counseling Center

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PERSONAL COUNSELING CENTER

About Us

At the Personal Counseling Center (PCC), we understand that emotional well-being is essential to a meaningful and successful college experience. College can be exciting, but it can also bring stress and challenges—and we’re here to support you. That’s why we are proud to offer **FREE mental health services** to our students.

Our personal counselors are licensed therapists, along with highly trained graduate trainees who work under the supervision of licensed professionals.

If you would like to **request one-on-one therapy sessions** for yourself or refer a student, please stop by our office at Building 5, Room 303 or visit our *Sign Up or Refer a Student* page and complete the appropriate form.

Student Sign up Forms

Cañada Talk Now

If you need someone to talk to outside our hours or while you are waiting for an appointment. All students have access to free 24/7 Personal Counseling services!
Press the logo, to check it out yourself!



CañadaTalkNow
24/7 On-Demand Emotional Support for Students

Emergency Contacts

Press each icon to check out more information of mental health services.

For life threatening emergencies, call 911
For immediate help or go to nearest hospital emergency room.

Public Safety:
ALL CAMPUSES (650) 738-7000 / 24-HOUR DISPATCH



988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.



Text: "COURAGE" To: 741741 for a text-based, volunteer-run support service



Call 855-845-7415 for non-emergency mental services for anyone in California

PSYCHIATRIC SERVICES

San Mateo County Psychiatric Emergency Services: 650-573-2662
San Francisco County Psychiatric Emergency Services: 415-206-8125
Santa Clara County Emergency Psychiatric Services: 408-885-6100

Contact Information

OFFICE LOCATION

4200 Farm Hill Blvd., Redwood City, CA

Building 5, Room 303

Contact Information

Phone: (650) 381-3573
Fax: (650) 306-3185
Email: canadapcc@smccd.edu

OFFICE HOURS

Fall 2025 semester :

August 13th - December 15th

- Monday: 9 am - 4:45 pm
- Tuesday: 9 am - 4:45 pm
- Wednesday: 9 am - 4:45 pm
- Thursday: 9 am - 4:45 pm
- Friday: 9:00 am - 12:00 pm

[Sign up for personal counseling](#)

The Counseling Center is closed on holidays and weekends.

Student Resources

- Academic Calendar
- Canvas
- Catalog / Schedule
- Financial Aid Eligibility
- Library / Bookstore
- Student Email
- WebSchedule / WebSmart

Security

- Clery Act
- Emergency Information
- Privacy Policy
- Report Concerning Behavior (CARES Report)
- Sexual Harassment (Title IX)
- Website Accessibility

Campus Information

- Accreditation
- A-Z Site Index
- Campus Map
- Consumer Information
- Employee Directory
- Search
- Student Outcomes

Apply

Contact Us

Donate



Cañada College
4200 Farm Hill Blvd.
Redwood City, CA 94061