



## Personal Counseling Center

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## Home

### 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!

### Cañada TalkNow

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

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.

### CRISIS TEXT LINE |

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

### mhaosf

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](mailto: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**

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

**Campus Information**

Accreditation  
A-Z Site Index  
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Student Outcomes

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**Cañada College**  
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