

To talk to someone through Cañada TalkNow, go to our website: <https://canadacollege.edu/pcc/index.php>

Scroll down to the middle of the page, you'll see the big Cañada TalkNow button. Click on that:

The Personal Counseling Center is now offering counseling appointments for students using Zoom. If you would like to make an appointment, call Nikki Vavarrete at 650-306-3259 or email her at navarreten@smccd.edu. If you feel the need to speak to someone right away or are in crisis, please use the phone, text lines and resources listed on this website.

[Support Resources](#)

Related Links

Day	Hours
Wednesday	8am to 2pm
Thursday	10am to 2pm
Friday	9am - 2pm

also part of the Wellness Center. These centers are united under the Wellness Center to provide a safe and central place for students who need personal assistance.

Cañada TalkNow

24/7 On-Demand Emotional Support for Students

Click on the "Cañada TalkNow" Image above to be taken to a personal counselor outside our office hours (ex: weekends, holidays, etc)

Certain situations require immediate attention, such as: suicidal feelings; having difficulty controlling the urge to hurt yourself or someone else. If you feel any of these emotions, do **NOT** wait to get help. For emergencies or urgent needs outside the Personal Counseling Center's regular business hours, please call one of the following agencies listed below in the right column.

Click on "Sign In":

Due to inclement weather, our network is experiencing some outages. If you need assistance scheduling or completing a visit, please call customer support for assistance at [833-484-6359](tel:833-484-6359) or email help@timely.md.

Cañada TalkNow

[Sign In](#)

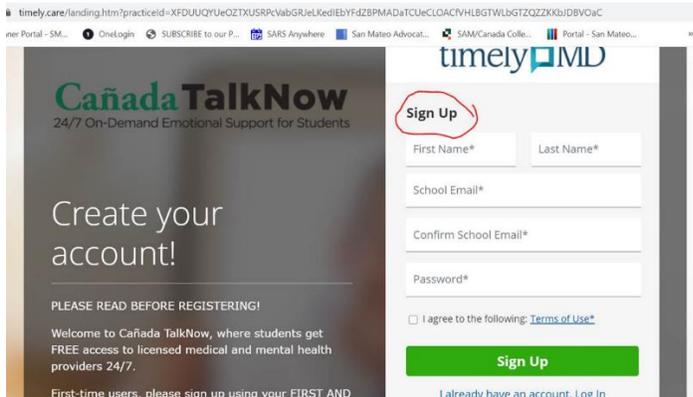
[CoronaVirus \(COVID-19\) Screening Tool](#)

To start your visit, click "Sign In" at the top.

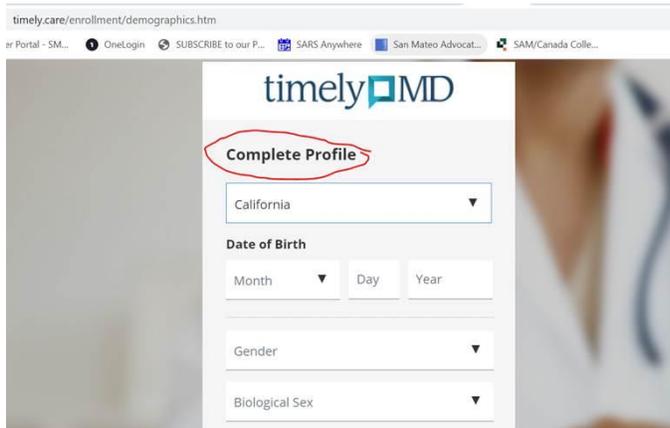
24/7 On-Demand Emotional Support for Students

Scroll down for frequently asked questions about Cañada TalkNow.

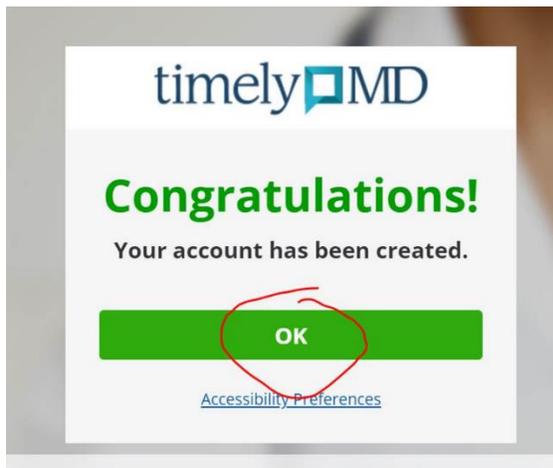
Once you create a password, you should see a list of personal counselors available. You can click on their profiles to see their license info and if they are bilingual.



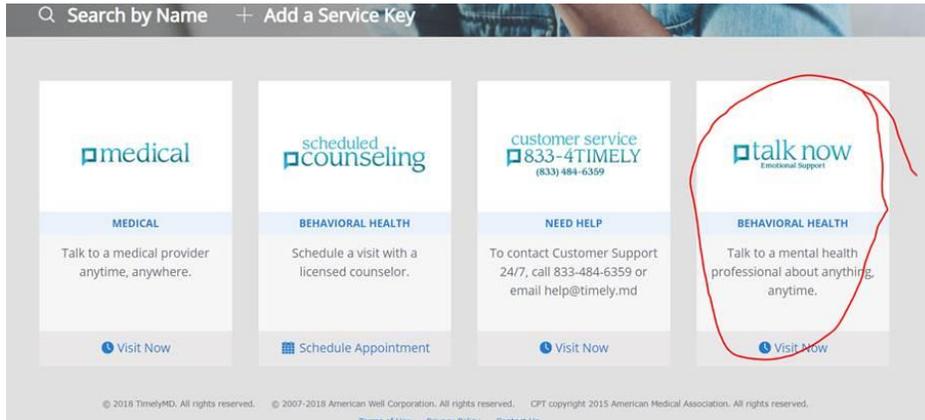
Complete a profile:



Click "OK"



Click on the “TalkNow”



There you'll see this page and you can click on “Click to Start” and see which personal counselors are available live for you. Their profiles will give you their bio, including what languages they are fluent in.

