



HOPE COUNSELING CENTER

Hope Counseling Center . . .

HCC serves as a resource to HIU's faculty, staff, and students, as well as the local community. Individual, relationship, and group counseling available.

The HCC environment is to promote learning and growth in students and is to assist students in dealing with the developmental challenges that accompany personal growth.

Services . . .

At HCC, our therapists treat a wide range of clinical problems including:

- ◆ Depression
- ◆ Stress Management
- ◆ Adjustment Issues
- ◆ Relationship Problems
- ◆ Alcohol/Drugs
- ◆ Eating Disorders
- ◆ Conflict Resolution
- ◆ Anxiety
- ◆ Anger Management
- ◆ Grief and Loss
- ◆ Self-esteem Issues
- ◆ Addictions
- ◆ Sexual Abuse

All inquiries to the counseling center are kept confidential.

Appointments and Fees . . .

To make an appointment call 714-681-7225 or 714-879-3901 x1266 and leave a message. Your calls will be returned within 24 hours. After an initial intake you will be assigned to a counselor to help you with your unique needs. All inquiries are treated with complete confidentiality. For students, our standard office fee is only \$5 per session for our counseling services. Appointments can be requested here at HCC@hiu.edu.

When someone you know needs help . . .

Students come to HCC for a variety of reasons. Some are looking for help in coping with the pressures associated with a stressful academic environment or adjustment to college life. Others want to learn how to be more effective in developing, negotiating, or maintaining their relationships with others. Counseling can be beneficial for students who are feeling depressed or anxious, as well as those who want to examine their beliefs or explore their current life situation.

COLLEGE OF PSYCHOLOGY AND COUNSELING

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