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**Mental Health Counseling for Summer 2024**

Thank you for inquiring about mental health counseling services at the COS Student Health Center. During the summer months, our Student Health Center uses a short-term counseling program called the **DRAW** program to cover our students' needs. You must be actively enrolled in a summer school session to be eligible for the DRAW program.

The counselor for the DRAW program is Seng Leang (pronounced Sing-Ling) Tang, LMFT. Seng Leang can provide up to 4 counseling sessions over the summer break. All sessions are conducted through teletherapy/video conferencing. All sessions are confidential and do not count towards your eligibility for other services during the regular school year. To begin using the DRAW program, simply contact the counselor, Seng Leang directly by phone, email or text and let her know you are a COS student interested in counseling.

**Contact information;**

Seng Leang Tang, LMFT, DRAW Program Therapist

sunshineleang@gmail.com

(559) 380-6690

Another excellent summer option for students is the **SilverCloud** program. SilverCloud is a free online mental health tool available to all COS students and is fully confidential. Use your COS email to create an account. To access this program, you can either use the SilverCloud email address at[**https://cosstudent.silvercloudhealth.com/signup/**](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcosstudent.silvercloudhealth.com%2Fsignup%2F&data=05%7C01%7Chcintern%40cos.edu%7Cbe97c6d6bba7484cf4ba08db054ab199%7Ca1ac1160f96f4e1abad8aa9c4be537ae%7C1%7C0%7C638109590608421934%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=CQMfb76NLgLPoD86ON1VH0h%2FqzHMnA9QYZUFOAa9qN8%3D&reserved=0) or scan the QR code on the attached postcard.

We will begin accepting intake forms for mental health services for the **FALL 2024** semester on at the COS Student Health Center on **Aug. 12, 2024**. To ensure getting the full 8 sessions, we suggest students contact the COS Student Health Center within the first 2 weeks of the fall semester. You can find our intake forms for the fall on our website at [**https://www.cos.edu/** and submit it online or drop it off at the Student Health Center on any of our 3 campuses.](https://www.cos.edu/)

**Lastly, do not hesitate to contact the COS student health center during our summer hours if you have any other questions (559)730-3880. Our summer hours are as follows**:

Monday – Thursday 9am to 1pm

CLOSED Fridays

\*closed for the holidays on 6/19/24 & 7/4/24

**If you find yourself in immediate crisis and need help for yourself or someone else, please call one of the following resources:**

National Suicide Prevention Lifeline- 988

Tulare CO. Crisis Hotline 1-800-320-1616

National Domestic Violence Hotline 1-800-799-SAFE (7233)

Tulare Co. Domestic Violence Hotline 559-732-5941

National Sexual Assault Hotline 1-800-656-4673

Tulare Co. Sexual Assault Hotline 559-732-7273