

College can be an exciting time, but it can also be very challenging.

Feeling pressure and stress can be normal and will pass with time, but if you have been feeling sad, hopeless, anxious, or not yourself for two or more weeks, it may be time to meet with a counselor.

You are not alone.

Come visit Student Health Services and work with a counselor to design an individualized plan and develop strategies to cope with your situation.

Students who pay the Health Fee can meet with a counselor up to 10 times a semester.

Call now to schedule an appointment.

Santa Maria Campus
800 South College Dr., Bldg. W-12
Santa Maria, CA 93454
Call 805 922-6966 ext. 3212

Lompoc Valley Center
One Hancock Dr., Bldg. 1-109
Lompoc, CA 93436
Call 805 735-3366 ext. 5207

Toll-Free: 1-866-DIAL AHC (342-5242)
www.hancockcollege.edu

These feelings are more common than you think!

49 percent of AHC students reported feeling hopeless

75 percent of AHC students reported feeling overwhelmed

53 percent of AHC students reported feeling overwhelming anxiety

36 percent of AHC students reported feeling so depressed it was difficult to function*

*American College Health Association/ National College Health Assessment AHC 2016

