
{CHHS Chairs and Directors} Fwd: [advisor-resources] Available Counseling & Psychological Services

1 message

Matthew Masucci <matthew.masucci@sjsu.edu>

Thu, Mar 19, 2020 at 7:25 AM

Reply-To: chhs-chairs-directors-group@sjsu.edu

To: "chhs-chairs-directors-group@sjsu.edu" <chhs-chairs-directors-group@sjsu.edu>

Hi all,

Just passing this along in case you are not on the advising email list.

-Matt

----- Forwarded message -----

From: **Sharon Willey** <sharon.willey@sjsu.edu>

Date: Thu, Mar 19, 2020 at 7:23 AM

Subject: [advisor-resources] Available Counseling & Psychological Services

To: Advisor Resources <advisor-resources-group@sjsu.edu>

Hello SJSU Academic Advising Community,

I hope all of you are doing as well as can be expected during this time. Please take good care of yourself as know you are ensuring our students have the resources they need to be successful. I'm sharing a message from Kell Fujimoto, our Director of Counseling & Psychological Services about available services during this transition to more remote services:

From Kell:

I hope you are all doing well and supporting one another. Let's all remember the importance of connecting with family and friends during this period of social distancing by using alternative methods such as phone calls, video chats, texts, and social media. Anxiety can be reduced by connecting with others, getting outside, and getting accurate information.

I want to share with you that Counseling and Psychological Services has transitioned to telemental health services. Students are now receiving on-going individual and group services online via Zoom or phone sessions. Workshops are also being made available through Zoom, as well as educational and case management services. We are finalizing our paperwork process for our triage and intake sessions, which I anticipate will be available shortly. Counseling and Psychological Services will not be available for in-person services tomorrow and Friday, March 19 & 20, 2020.

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