

# CCA PreCollege Participants

**We welcome PreCollege Participants' inquiries about Counseling Services.**

While we are unable to provide ongoing therapy to PreCollege participants, a 1- time consultation with a CCA Counselor can offer a brief, time-limited support. During the consultation, we will talk with you about your situation, and work to think collaboratively with you to determine next steps; which may include referrals to providers off-campus, or other kinds of care that you may choose to follow-up with.

If you would like to contact a CCA Counselor to schedule a consultation, please call our confidential voicemail at **415-551-9267** and a Counselor will return your call within 24-48 hours during the weekday.

Please note that a 1-time consultation with a CCA Counselor does not constitute therapy. Ongoing therapy requires parental or a legal guardian's informed consent for anyone under the age of 18 years old. There are limits to what can remain confidential during a 1-time consultation and so the CCA Counselor will briefly talk with you about that before the consultation ensues so you are better able to determine if a consultation would be helpful to you.

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**Resources to know about during your time at CCA:**

If you are experiencing a Mental Health Emergency call 911 or go to the nearest emergency room