



ALAMO
COLLEGES
DISTRICT

Palo Alto College

COUNSELING SERVICES



PERSONAL COUNSELOR

Achieving success in college comes with many challenges. Personal counselors help students reach their academic and career goals by providing positive solution-focused support.

Work with college students to:

- Identify goals and potential solutions to problems
- Improve communication
- Strengthen self-esteem and build confidence
- Promote optimal health and wellness
- Support academic success
- Help with life planning
- Improve time management skills
- Teach coping skills for anxiety and depression
- Help with work/school/life balance

COUNSELING SERVICES PROVIDED

- Short-term personal counseling
- Crisis intervention
- Referrals to campus and community resources
- Academic and personal skills coaching
- Workshops and presentations on various mental health topics

CONTACT INFORMATION

- Student Center Room 100
- Monday—Friday, 8 a.m.–5 p.m.
- 210-486-3750
- Pac-counselor@alamo.edu
- Also available at student-focused events on campus

FREQUENTLY ASKED QUESTIONS



WHO MAY USE COUNSELING SERVICES?

Currently enrolled students may meet with a counselor for up to three sessions per topic. There is no limit for group sessions or other events.

Consultation services are also available to faculty and staff with student concerns.

HOW DO I MAKE AN APPOINTMENT?

There are three ways to make an appointment:

- Call 210-486-3750
- Email pac-counselor@alamo.edu
- Stop by the office during business hours

HOW MUCH DOES IT COST?

Services are free to currently enrolled students.

HOW LONG DO SESSIONS LAST?

Typically each appointment lasts about an hour. When you schedule your first appointment, you may be asked to arrive a few minutes early to complete some background information.

WHAT KINDS OF GROUPS ARE OFFERED?

Counseling Services offers groups and presentations on a variety of topics:

- Relationships
- Family dynamics
- Finding your life work
- Managing stress
- Goal setting & time management
- Returning adults

WHAT CONCERNS ARE ADDRESSED IN COUNSELING?

Students come in to Counseling Services for all areas of focus. Below is a list of some of them:

- Academic performance
- Adjustment to college
- Anxiety or panic attacks
- Cutting/self-injury
- Dating/loss of relationship
- Depression/mood swings
- Career indecision/gaining self-knowledge
- Time management and life planning

If a person is an immediate threat to themselves or someone else, or is incapable of caring for themselves, please call 210-485-0911 (on campus) or 911 (off campus).



For more information, contact:

**Palo Alto College
Counseling Services**
1400 W. Villaret Blvd, San Antonio, Texas 78224
(210) 486-3750 | alamo.edu/pac/counseling-services



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