Confidential Student Assistance Program

For Eligible Students* of The Colleges of Contra Costa

Contra Costa College ◘ Diablo Valley College ◘ Los Medanos College

To access your counseling sessions call Managed Health Network at (800) 227-1060 TDD (800) 327-0801, 24 hours a day, 7 days a week.

* Eligible students {taking six (6) or more units} are entitled to 5 sessions per benefit period (July 1 –June 30).

Copies of this brochure may be obtained from the Student Services Departments at each college

Provided by Educational Programs and Student Services, District Office
**CLINICAL COUNSELING**

*50 minutes per session.*

Most of us have stresses at some time in our lives. Generally, we can manage them on our own. At times, however, help is needed, and a skilled professional can provide focus, direction and support.

MHN's nationwide network of licensed counselors can help you identify and resolve problems involving:

- life changes
- relationships
- marital issues
- any problems affecting you or your family members
- family problems
- alcohol or drug abuse
- stress and emotional distress

Your counseling sessions usually will be conducted in a counselor's private office.

**LIFE MANAGEMENT SERVICES**

*MHN provides telephone consultations for the following services:*

**Financial Consultations**

*Up to one hour per session.*

MHN Work/Life consultants can:

- help you develop a personal or family budget
- provide information about saving money, paying off debts, and setting financial goals
- teach you about your credit rights and options
- guide you on bankruptcy issues

(MHN doesn't give loans, pay bills, provide tax or investment counseling, or deal with creditors.)

**Pre-Retirement Counseling**

*Up to one hour per session.*

MHN Work/Life consultants offer guidance on:

- financial considerations
- relocation options
- the quality of life after retirement
- the impact of retirement on the family

**Child Care Consultations**

*Up to 30 minutes per session.*

MHN child care consultants can help you:

- assess your current and future child care needs
- understand the role of developmental issues in choosing care
- identify community resources
- monitor and evaluate the quality of care your child receives

**Elder Care Consultations**

*Up to one hour per session.*

MHN elder care consultants assist with:

- identifying public and private community resources and services for the elderly
- evaluating the financial and emotional stresses associated with elder care
- techniques to monitor and evaluate housing, health care, and legal and financial elder care needs
**Legal Counseling**

Up to 30 minutes per separate legal matter. If you want to retain an attorney or a mediator after the initial consultation, you get 25% off the normal hourly rate.

Attorneys working for MHN give legal guidance regarding:

- family law
- real estate
- personal injury
- civil & consumer law
- estate planning law
- business legal matters
- financial matters
- criminal matters

(MHN doesn't provide legal advice concerning tax, immigration, labor/employment, or patent law.)

Matters involving disputes or actions between students and their employer, or MHN, are specifically excluded from this plan. Also excluded are matters that, in the attorney's opinion, lack merit. Court costs, filing fees and fines are the responsibility of the student.

**Organizing Life's Affairs**

Up to one hour per session.

To help organize important paperwork, MHN consultants can:

- discuss possible obstacles to getting organized
- identify and help you complete an inventory of essential documents
- present guidelines for a personal record-keeping system
- offer tools and suggestions for getting things in order in preparation for an emergency

**Federal Taxpayer Consultation and Representation Service**

Up to a total of 90 minutes each benefit year for this tax service, which consists of three sessions up to 30 minutes each.

This is not a tax preparation service, but instead is a service for situations that include:

- an IRS audit or collection action (levy on wages or property)
- delinquent or un-filed federal tax returns
- other IRS problems that need resolution

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**OTHER IMPORTANT PHONE NUMBERS**

(Not affiliated with MHN or the Student Assistance Program)

**24-HOUR HOTLINES**

AIDS..............................1 (800) 342-2437  
Alcoholics Anonymous........1 (925) 939-4155  
Alcoholism & Drug Abuse ...1 (925) 932-8100  
Stand Against Domestic Violence  
Battered Women.................1 (888) 215-5555  
Child Abuse......................1 (925) 646-1680  
West County .....................1 (510) 374-3324  
Contra Costa Crisis & Suicide  
Intervention Service...........1 (800) 833-2900  
Narcotics.........................1 (800) 846-1652  
Rape Crisis.......................1 (800) 670-7273

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