Wellness offers mental health counseling (aka therapy) to help unclutter and remove obstacles that may be holding you back. It’s a safe and open place where you can express yourself and learn effective tools!

**We assist in the following areas:**

- Stress management
- Relationship/family issues
- Anxiety
- Depression
- Sexuality

**To make an appointment:**

- Email wellness@guttman.cuny.edu
- Come to Room 507 or 506A, and we can schedule it with you!
- Fill out a blue information form located outside Room 507 and drop it in the secure box. We will reach out and contact you!

*While we are remote, email is the most effective way to schedule.*

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Courtney  
Rm. 507

Nicole  
Rm. 506A

Guttman.cuny.edu/students/wellness