**Off-campus counseling subsidy program (Pomona college only)**

This program was started by the Pomona college Dean of Students office to help support students in obtaining counseling off-campus. Participating in the program gives you 8-10 sessions of counseling per semester for free.

Steps to participate:

1. Contact wellness@pomona.edu for a list of participating therapists; although you must contact this email to participate it is managed by only by assistant Dean Alison Ching who is confidential and very understanding
2. Contact a therapist from the list to get an appointment with them
3. Come into the office of assistant Dean Alison Ching (in Alexander Hall, right next to the Dean of Students office) and ask for the “consent for therapist to bill Pomona college” form. You can make an appointment but you do not necessarily need one
	1. This is only an authorization for the bill; it means nothing else
4. Fill out the form and bring it to the first meeting with the therapist