

**Feeling Stressed? Overwhelmed?  
Just want to talk to somebody?**



# **MENTIS PROVIDES FREE THERAPY SERVICES TO NVC STUDENTS**

Tuesdays & Fridays: 8am – 4:30pm

\*Sessions provided via telehealth and in person\*

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**BY APPOINTMENT ONLY • AVAILABLE IN  
SPANISH  
DROP-IN/ CRISIS: NO APPOINTMENT NEEDED**

For further information, contact:

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or the NVC Office: 707.256.7284

