

Counseling Services

[Home](#) / [Counseling](#) / Home

Welcome to LMC Counseling!

Our **counselors** at Los Medanos College are dedicated to helping students succeed academically and personally. Whether you're aiming for an associate degree, transferring to a university, or advancing in your career, our counselors will assist you in creating a plan to reach your goals.

Regular meetings with a counselor are crucial for success at LMC. We offer collaborative support in academic, vocational, career, and personal counseling to promote your learning through self-exploration and awareness.

This online appointment system is only for current and returning Los Medanos College (LMC) students. Please complete the English/ Math or ESL placement prior to your appointment.

For new students and students returning after one year, please click here to complete an application. After completing an application, you will need to attend the orientation and complete the placement prior to scheduling a counseling appointment.

> **Book a Counseling Appointment**

> **First Steps Counseling**

> **Wellness Services**

> **Explore our pathways**

Counseling In-Person & Online Hours

Located at the Pittsburg campus in the **Student Services Complex**, Level 4

Mon - Thurs, 9am - 5pm

Fri, 9am - 1pm (No First Steps Counseling Available)

For same-day appointments, please contact the counseling office at [\(925\) 473-7449](tel:9254737449)

For counseling referrals or more information please email lmccounseling@losmedanos.edu

We provide both in-person and online services:

In-person and online sessions are available daily by appointment, and through our First Steps Counseling Services (FSC).

First Steps Counseling (FSC): All students are encouraged to utilize FSC. Services are available Monday - Thursday by visiting the department or by utilizing our online [Zoom lobby](#). With FSC, students are immediately connected to a counselor who will help determine if a drop-in session or a counseling appointment is appropriate by asking a few questions. Our drop-in sessions are quick 10-minute Live Chat sessions with LMC counselors, suitable for brief questions only. **Please note wait times for FSC may vary and may be extended during peak service periods.*

To access FSC, click the "First Steps Counseling" button on our website above, or visit the Counseling department during office hours.

In-person appointments: We offer 30-minute and 60-minute appointments. In-person appointments are available daily and can be scheduled online, in person, or by calling the department. For same day appointments or drop-ins, please call the counseling office for availability. If you're unwell, you can switch to a Zoom session by calling (925) 473-7449.

Zoom Appointments: are conducted via video or audio. Students receive an email confirmation with a Zoom link and phone number for access. We offer 30-minute and 60-minute appointments. **Be sure to log in to Zoom 10 minutes prior to the start of your appointment.** For same day appointments, please call the counseling office for availability.