

Crisis Counseling/ Mental Health Services

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Quick Facts*

- 1 in every 5 American adults experiences a mental illness each year. Some sources even say 1 in 4.



CRISIS: anything that interferes with academic success

- We know that many Hartnell students attempt to cope with studies, full-time jobs and raising children while they attend Hartnell.
- Many feel overwhelmed, depressed, anxious, and hopeless.
- A high percentage of our students are the first in their family to attend college; although the family system may support the concept of college, the reality of college life may not be understood by family members.



Free and confidential counseling services provided to enrolled students

- Five Marriage & Family Therapist (MFT) or Clinical Social Worker (CSW) associates provide counseling services
- Appointment basis (limited walk-in hours)
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Hartnell Crisis Counseling/Psychological Services

• HOW DO I MAKE A REFERRAL?

- The best referral involves taking the person directly to someone who can help. . . .
- Office locations: D-123, -124, -126, -127 (down the hall from HR)
- Daily walk-in hours, 11:00-12:00 noon during the semester
- Students may complete an intake form with contact info to schedule an appointment
- Provide student with phone information: 770-7019 (24-hour voice mail)
- Services are confidential and free for Hartnell students
- Follow-up



Questions????

- Thank you!!!
- Carol Kimbrough, ckimbrough@hartnell.edu; or 755-6856
- Crisis Counseling Services 24-hour voicemail: 770-7019
- D-123, -124, -126, -127

