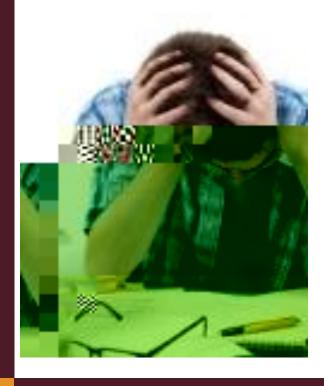
Crisis Counseling/ Mental Health Services

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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.

Crisis Counseling/Mental Health Services



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)

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

