

ARE MENTAL HEALTH ISSUES IMPEDING YOUR ACADEMIC SUCCESS?

- › ANXIETY
- › FEELING OVERWHELMED
- › RELATIONSHIPS
- › NAVIGATING CONFLICT
- › BOUNDARIES
- › PERSONAL GROWTH
- › SUBSTANCE ABUSE
- › DEPRESSION

YOU ARE NOT ALONE.

About one-third of U.S. college students have had difficulty functioning in the last 12 months due to depression, and almost half said they felt overwhelming anxiety in the last year (according to the 2013 National College Health Assessment, which examined data from 125,000 students from more than 150 colleges and universities).

PERSONAL COUNSELING REFERRAL PROGRAM

Life presents all of us with challenges we may not be prepared for or able to cope with on our own. It is okay to ask for help. Seeking professional counseling is a proactive step to address your needs and concerns.

**UP TO FIVE SESSIONS,
NO QUESTIONS ASKED,
NO COST.**

Local providers available to all Palmer students, spouses/partners and immediate family members.

FOLLOW THESE SIMPLE STEPS:

1. **Select from any of the listed providers.** Check their websites to get a sense of who might be a good fit for you. You should feel comfortable talking with your counselor. If this is not the case, please schedule an appointment to meet with Jason Brewer, Director of Student Services to discuss the Personal Counseling Referral Program (PCRP).
2. **Schedule an appointment by identifying yourself as a Palmer student or immediate family member of a Palmer student.**
3. **When you meet with a counselor, they will ask you to provide a signed consent form for them to bill the College.** Your name appears on the billing only to confirm you are a Palmer student or immediate family member of a Palmer student. All billing is sent directly to Bridgett Lance, Program Assistant at Palmer's Davenport campus for payment processing. Your participation in counseling is completely confidential.

You will not receive a bill for counseling sessions; however, if the counselor has a no-show fee or late-cancellation fee, you, the student, are responsible for these fees.

RELATIONSHIPS, ADDICTION, ANXIETY, AND GENERAL CONCERNS:

For Individuals, Couples and Families

Port Orange Counseling Center

Ask for Russell Holloway, so he can assist you with finding the best counselor for you.

209 Dunlawton Avenue, Suite 16, Port Orange, FL 32127,
(386) 492-6938, online: www.portorangecounseling.com

GENERAL CONCERNS:

For Individuals

Medical Psychology Center

570 Memorial Circle, Suite 150, Ormond Beach, FL 321274,
(386) 672-9250

**STRESS, PARENTING ISSUES, CODEPENDENCY,
AND RELATIONSHIPS:**

For Individuals, Couples and Families

Counseling Center of New Smyrna Beach

265 North Causeway, New Smyrna Beach, FL 32169,
(386) 423-9161, online: www.ccnbsb.com

ANXIETY, DEPRESSION, AND RELATIONSHIPS:

For Individuals, Couples and Families

The Garber Counseling Center

1635 South Ridgewood Avenue, Suite 223, South Daytona, FL
32119, (386) 747-3554,
online: www.garbercounseling.com

**PTSD, DOMESTIC VIOLENCE, LEARNING & BEHAVIORAL
DISORDERS, AND STRESS MANAGEMENT:**

For Individuals, Couples and Families

Spruce Creek Mental Health

1690 Dunlawton Ave, Suite 125, Port Orange, FL 32127,
(386) 681-8639, online: www.sprucecreekmentalhealth.com

**IF YOU HAVE ANY QUESTIONS OR
WOULD LIKE TO DISCUSS YOUR SITUATION,
PLEASE CONTACT:
STUDENT SERVICES
(386) 763-2781
ACADEMICSUPPORT.FL@PALMER.EDU
TO SCHEDULE AN APPOINTMENT.**

HOTLINE AND PHONE COUNSELING INFORMATION:

Graduate Student Hotline - (800) GRAD-HELP (472-3457)
provides 24/7 support for urgent mental health care.

GLTB National Hotline - (888) 843-4564

The JED Foundation/Lifeline Suicide Prevention -
(800) 273-TALK (8255)



PALMER
College of Chiropractic



Office of Student Services
4777 City Center Parkway
Port Orange, FL 32129
Phone: (386) 763-2781
Email: academicsupport.fl@palmer.edu