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)

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’s OK to ask for help. Seeking professional counseling is a proactive step to address your needs and concerns.

UP TO FIVE SESSIONS OF SOLUTION-FOCUSED COUNSELING, NO COST*.

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

FOLLOW THESE 3 STEPS:

1. Select from any of the listed providers. Check provider websites to get a sense of who might be a good fit for you. You may also schedule an appointment to meet with Jason Brewer, Director of Student Services, to discuss the Personal Counseling Referral Program (PCRP) and receive a personalized provider recommendation.

2. Call to schedule an appointment and identify 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 statement only to confirm you are a current Palmer student or immediate family member of a Palmer student. All billing is sent directly to Bridgett Lance, program assistant at Palmer’s main campus for payment processing. Your participation in counseling is completely confidential.

*Palmer’s referral program covers up to 5 sessions of counseling per Academic Year. Sessions can be used by the student or immediate family member of the student. You won’t receive a bill for counseling sessions; however, if the counselor has a no-show fee or late-cancellation fee, you are responsible for these fees if incurred.
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: https://portorangecounseling.com/

GENERAL CONCERNS:
For Individuals
Medical Psychology Center
570 Memorial Circle, Suite 150, Ormond Beach, FL 32174,
phone: 386-672-9250, fax: 386-672-9251,
online: http://medpsychcenter.com/

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:
http://www.counselingcenternewsmyrnabeach.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,
email: garbercounseling@gmail.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: http://www.sprucecreekmentalhealth.com/
• DO YOU ANTICIPATE NEEDING MORE THAN 5 SESSIONS OF COUNSELING TO ADDRESS YOUR CONCERNS?

STUDENTS SEEKING OPTIONS FOR LONGTERM OR ONGOING COUNSELING, AND/OR MEDICATION MANAGEMENT IN THE PORT ORANGE AREA ARE ENCOURAGED TO CONTACT LOW-COST OR SLIDING-FEE COUNSELING PROVIDERS AND GROUPS, INCLUDING:

Stewart-Marchman ACT Behavioral Healthcare – 1-800-539-4228
24-hour emergency screening and admission to mental health crisis stabilization, drug abuse detoxifications and/or referrals.

United Way 211 Mental Health Registry

HOTLINE AND PHONE COUNSELING INFORMATION:

National Suicide Prevention Lifeline (24/7) – 1-800-273-TALK (8255)

The National Grad Crisis Line – 1-877-472-3457

LGBT National Hotline (M-F 5pm-1am, Sat 1-6pm) – 1-888-843-4564

NAMI Volusia/Flagler/St. Johns – 904-827-7404

The JED Foundation Mental Health Resource Center
Text “START” to 741-741 or call 1-800-273-TALK (8255)

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4777 City Center Parkway
Port Orange, FL 32129
Phone: 386-763-2781
Email: academicsupport.fl@palmer.edu