



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)

Novotney, A. (September 2014). Students Under Pressure. *American Psychological Association*, Vol 45, No. 8. Retrieved from www.apa.org/monitor/2014/09/cover-pressure.aspx

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 OK to ask for help. Seeking professional counseling is an initiative-taking 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 will not 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/>

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- **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)

Office of Student Services

4777 City Center Parkway

Port Orange, FL 32129

Phone: 386-763-2781

Email: academicsupport.fl@palmer.edu



PALMER
College of Chiropractic