STUDENT ASSISTANCE PROGRAM (SAP)

You are never alone

The trusted leader in chiropractic education®

SAP is a mental health solution-focused support resource for Off-Campus/Teletherapy provided by locally contracted personal counseling services offered through the Student Academic Support Services.

Immortal need crisis teletherapy

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)

Immediate need crisis teletherapy

United way 211 mental health registry

FL community resources

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.

Online resources

U.S. department of health & human services

www.healthcare.gov and www.mentalhealth.gov

Center for mental health

www.center4mh.org

Substance abuse and mental health services

www.samhsa.gov

National sexual violence resource center

www.nsvrc.org

Online self-management/help assessment tools

https://screening.mentalhealthamerica.net/screening-tools

https://ccmh-s.psu.edu/ccaps-web/Csp/0b66cf5622de49529c852a82f82ca700/MainMenu

http://helpyourselfhelpothers.org/

https://screening.mentalhealthscreening.org/hyho

Students seeking options for longterm or ongoing counseling, and/or medication management in the Quad Cities are encouraged to contact the following low-cost or sliding fee counseling providers and groups for additional assistance.

Online self-management/help assessment tools

Veteran resources

Mental one source – is a one stop shop mental health hub for all armed forces veterans to find the right tools to support their mental health needs.

www.militaryonesource.mil/health-wellness/mental-health/mental-health-resources

Free, confidential, online screenings for anxiety, depression, mood disorders, PTSD and other conditions are available at http://www.mhascreening.org, using Mental Health America’s screening service.

Contact us

Office of student services

4777 city center parkway port orange, FL 32129

Phone: 386-763-2781

Email: academicsupport.fl@palmer.edu

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Palmer has support resources for off-campus/teletherapy services that offers five (5) complementary mental health solution-focused sessions per academic calendar year (July 1 to June 30) with one of the local community mental health providers, under contract, for current enrolled students and their immediate family members living in the home. Palmer does not; however, cover/pay for long-term personal counseling therapy.

Information can be found online at www.palmer.edu/student-life/academic-success/student-assistance-program/- select Florida Campus button.

FOLLOW THESE 4 STEPS:
1) Select from any of the following listed providers that best fits your personal needs.

2) Schedule your appointment per provider’s directions and make sure to identify as a Palmer student. The Provider will contact the College to verify current enrollment status.

3) If you prefer to have a Teletherapy session, please indicate at the beginning of your appointment scheduling process, so the provider can make the appropriate adjustments.

4) Show up for your appointment! When you attend the appointment take your student ID to check-in. They will ask you to sign a consent form to invoice the College**.

**Palmer covers ONLY the complementary five sessions per academic year (July to June) and if the provider has a no-show or late cancellation fee, you, the student, are held accountable for fees incurred and the College is not responsible for payment.

GROUP PROVIDERS:

RELATIONSHIPS, ADDICTION, ANXIETY, AND GENERAL CONCERNS:
For Individuals, Couples, and Families
Port Orange Counseling Center
209 Dunlawton Avenue, Suite 16
Port Orange, FL 32127
phone: 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
phone: 386-423-9161
online: http://www.counselingcenternewsmyrnabeach.com/

Individual Providers:

ANXIETY, DEPRESSION, AND RELATIONSHIPS:
For Individuals, Couples, and Families
The Garber Counseling Center
1635 South Ridgewood Avenue, Suite 223
South Daytona, FL 32119
phone: 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,
phone: 386-681-8639
online: http://www.sprucecreekmentalhealth.com/