Who is eligible for counseling?
All currently enrolled students are eligible.

Cost?
Services are offered free of charge to enrolled students.

Is my counseling confidential?
Yes, information shared in counseling sessions will be treated by all Counseling Center staff with strict confidentiality. Your information will not be disclosed to anyone outside Counseling Services without your written permission. In some instances, when, in the judgment of the counselor, you or someone else is in imminent danger, your permission may not be needed.

Why do students seek counseling?

* General wellness
* Stress
* Relationship issues
* Depression/anxiety
* Trauma
* Domestic Violence/abuse
* Family discord
* Adjusting
* Academic concerns
* Self-esteem
* Alcohol or drug concerns
* Loss/grief
* Gender/identity
* Eating or body image concerns
* Career indecision

All issues are taken seriously and no problem “too small” to discuss.

Services Provided:

* Individual counseling
* Group counseling
* Crisis counseling
* Basic Needs Care Coordination
* Community referrals

To schedule an appointment with a counselor scan the QR Code

For more information contact us at:
(972) 881 5126 or email personalcounseling@collin.edu

We are offering in-person and virtual appointments.

Students needing accommodations for counseling sessions or for seminars can request them through the ACCESS office at access@collin.edu or (972) 881 5898.
<table>
<thead>
<tr>
<th>Event Title</th>
<th>Date Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>What’s Love Got to Do With It?</td>
<td>Monday, Feb. 6, 1 - 2 pm</td>
<td>Exploring ways to enhance romantic and other relationships through effective communication and other practical tools.</td>
</tr>
<tr>
<td>Building relationships</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How Can I Stop Procrastinating?</td>
<td>Wednesday, Feb. 22, 2 - 3 pm</td>
<td>Explore reasons why you may procrastinate and learn practical ways to overcome it.</td>
</tr>
<tr>
<td>Strategies to Help De-Stress and Focus</td>
<td>Thursday, March 16, 4 - 4:45 pm</td>
<td>Participants will learn mindful strategies of heart-math to relax and be mindful of the present.</td>
</tr>
<tr>
<td>presented by Professor Marta Moore</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy Boundaries</td>
<td>Thursday, March 23, 3 - 4 pm</td>
<td>Learn the basics of boundaries and how to set them in order to maintain your own health and wellness.</td>
</tr>
<tr>
<td>Bystander Intervention that Works</td>
<td>Tuesday, April 4, 11 am - 12 pm</td>
<td>Have you seen behavior that concerned you? Learn how to safely and effectively intervene to help others.</td>
</tr>
<tr>
<td>Effective Communication</td>
<td>Wednesday, April 19, 1 - 2 pm</td>
<td>Learn practical ways to improve your relationships with effective communication.</td>
</tr>
<tr>
<td>No Time for Self-Care?</td>
<td>Monday, May 1, 1 - 2 pm</td>
<td>Feeling overwhelmed trying to balance work, school, and family responsibilities and have no time for self-care? Explore simple micro-practices to prioritize yourself and help restore your peace of mind.</td>
</tr>
<tr>
<td>Prepare to Pass: Test Anxiety</td>
<td>Thursday, May 4, 1 - 2 pm</td>
<td>Learn tips and strategies to help you pass and not panic.</td>
</tr>
</tbody>
</table>

**TimelyCare**

TimelyCare provides 24/7 telehealth support to all Collin students at no cost. Services include:

- **TalkNow**: 24/7, on demand mental health support
- **Scheduled Counseling**: 45 minute appointments with a licensed counselor
- **Psychiatry services** with a referral

Visit [timelycare.com/collincollege](http://timelycare.com/collincollege)