

Healing through Hope

A mental health newsletter from the Coastal Samaritan Counseling Center

Mental Health and College



Mental health issues among students has been on the rise. Due to financial, academic, social, and self-paced programs have affected students in many different ways. This has cause a high rise of stress, anxiety, and depression among college students today. The pressure that comes with college has had a negative impact.

80% of college students feel overwhelmed by their responsibilities.

Many college have been trying to combat these issues by offering free counseling services to students. Without understanding and awareness of the issues, students will not seek out the help. It is important to reduce the stigma and promote awareness so the students can reach out for help.

Mental Health Tip:

Reduce stress and anxiety by going to bed approximately the same time each night..



Meet Chelsea Copeland

Chelsea wants to walk alongside and empower you, giving you tools to reach your goals, and increase your holistic health (Physical, Emotional, Mental, Spiritual, and Relational)



Reduce the Stigma of mental health at your *college*.



One of college students have trouble
Third functioning due to depression.



Save the Date!

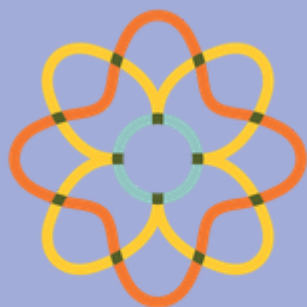
Luncheon at Conference
Center at Barefoot Resort
Education - Luncheon - Fundraiser
October 15th, 2019

Stigma Zero Program

StigmaZero is a program designed to help business understand how to combat and handle mental health issues in the industry. It is designed to help break the stigma around mental health, and equip those in leadership positions with the resources and knowledge they need to help the different situations.

Reduction of mental health issues in the workplace will help productivity and employee moral tremendously. This training course offers the knowledge needed to combat and help with the issues that are happening within your business. Knowing how to handle different situations and be supportive will make a difference in the workplace. This course is designed to help break the stigma and create a great work environment.

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Satellite Locations.

Loris Satellite Office

Loris United Methodist Church
3507 Broad Street
Loris, SC 29569,

Surfside Beach Satellite Office

Shepherd of the Sea
2637 US-17 BUS,
Murrells Inlet, SC 29576

Conway Satellite Office

Kingston Presbyterian Church
Educational Center
907 3rd Avenue
Conway, SC 29526

Little River Satellite Office

Little River United Methodist Church
1628 Highway 17
Little River, SC 29566

North Myrtle Beach Satellite Office

Ocean Drive Presbyterian Church
410 6th Avenue, South
North Myrtle Beach, SC 29582

Surfside Beach Satellite Office

Surfside United Methodist Church
800 13th Avenue North
Surfside Beach, SC 29587