

Emergency Contacts

- **General Emergency Services:** 911
- **Coastal Empire Community Mental Health**
1-843-524-3378 / Open Weekdays
1-833-364-2274 / 24-hour Crisis Line
- **Beaufort Memorial Hospital**
1-843-522-5200
- **National Suicide Prevention Lifeline**
1-800-273-TALK (8255)
- **Crisis Text Line: Help Now**
Text *HOME* to 741-741
- **Rape Crisis & Domestic Violence**
LOCAL: EMERGENCY SHELTER AVAILABLE
Hotline 1-800-868-2632 / 1-843-524-2256
Hopeful Horizons
www.hopefulhorizons.org

NATIONAL: 1-866-331-9474
Text *loveis* to 22522
Online Chat: www.loveisrespect.org
- **Substance Abuse Treatment Referral**
1-800-662-HELP (4357) / www.samhsa.gov
- **Veterans' Crisis Line**
1-800-273-TALK (8255)
Press 1 / Text to 838255
- **United Way of the Lowcountry**
1-843-524-4357 HELP Line
Comprehensive Online Directory
www.uwlowcountry.org/community-directory



TECHNICAL COLLEGE OF THE LOWCOUNTRY

921 Ribaut Road | PO Box 1288
Beaufort, SC 29901-1288

843-525-8208

pcallis@tcl.edu

www.tcl.edu/counseling

The Technical College of the Lowcountry is committed to a policy of equal opportunity for all qualified applicants for admissions or employment without regard to race, gender, national origin, age, religion, marital status, veteran status, disability, or political affiliation or belief.

Personal Counseling Services



TCL Counseling Services are FREE
to all currently enrolled students.

TCL Counseling Center

TCL provides its students the benefit of free short-term personal counseling. The Campus Counselor provides a confidential and nonjudgmental space for students to talk, problem-solve, de stress, and receive support. The counselor can advocate on the student's behalf and make connections to local and national resources.

Any issue of persistent concern is appropriate for counseling. Some examples include:

- **Personal Issues:** anxiety, depression, substance misuse/abuse, grief, family issues, crisis, panic attacks, illness/injury, sexual assault, etc.
- **School-Related Issues:** test anxiety, academic worries, public speaking, anxiety, graduation fears, difficulties with faculty, staff or other students.

Request an Appointment

Call: 843-525-8208

Email: pcallis@tcl.edu

Campus Counselor

Patricia Callis | 843-525-8208

Office Location

TCL Beaufort Campus, Coleman Hall/
Building 2, Room 204 (2nd floor)

Services Offered

Individual Counselor

- Talks privately with a student about life issues and problems.
- Listens carefully to help define goals and support the student.
- Works to increase student coping skills and self-esteem.

Referral

Works with students to locate resources they can use to change their own circumstances around issues such as:

- Abuse and victimization
- Shelter and housing
- Food, bills and family care
- Long-term counseling and psychiatric medication assistance

Commitment to Privacy

All information is strictly confidential between student and counselor.

According to the Dept. of Education and the Dept. of Health and Human Services, "treatment records" are not considered "education records."

They are "made, maintained and used only in connection with the provision of treatment to the student, and are not available to anyone other than persons providing such treatment."

Exceptions to release of information include students written request to share information and SC state law requirement of all healthcare professionals to report child abuse, elder abuse, or intent to harm (if a student says they want to harm themselves or someone else). This law is to keep everyone safe.

Your Questions Answered

What is counseling?

An individual struggling with some aspect of life, may seek out assistance from a trained mental health professional, often called a counselor. **Counseling** is the confidential process through which a client and a counselor collaborate to affect positive change. Together they can identify challenges, goals and potential solutions.

When would I use counseling?

When specific problem(s) continue to trouble you and cannot be resolved with your existing coping skills, accessing professional services can help. You can speak confidentially in a safe environment, receive support, connection to community resources and learn new ways to handle life's challenges.

How could I benefit?

- Definition/re-definition of personal goals.
- Potential for growth and change.
- Increase in coping skills.
- Ability to manage stress effectively.
- Improved problem solving.
- Lessening of negative symptoms like depression, anxiety, anger or fear.
- Empowerment.
- Increase in self-esteem.
- Greater self-acceptance.
- Improved communication and interpersonal skills.
- Understanding the systems at work in your life.
- Connection to community resources.

Find Interactive assesment tools,
videos and link to resources online
at www.tcl.edu/counseling