

Mindful Moments

Horry Georgetown Technical College

Counseling Services

April 2025

Hello students, staff, and faculty! Welcome to Mindful Moments, a monthly newsletter from HGTC Counseling Services that provides you with information on upcoming events, news, and helpful coping skills and mindfulness exercises you can incorporate into your day to day to increase your mindfulness and overall well-being! Continue to join us here monthly to be up to date on HGTC and community mental health events while learning some new mindfulness tips!

Meet Your New Counselor: Katelynn Hine

Hi everyone, my name is Katelynn Hine, and I am a Licensed Professional Counselor Associate (LPCA) and the new Professional Counselor here at HGTC. I am born and raised in Myrtle Beach. I attended USC-Beaufort receiving my Bachelor of Arts degree in Psychology and then received my Master of Arts degree in Clinical Mental Health Counseling from UNC Charlotte campus. During my time at UNC Charlotte, I interned at Winthrop University in the Counseling Services department where I worked with college students addressing their mental health concerns. Since graduating, most of my career has been in private practice working with a wide variety of clients. I am looking forward to being back on a college campus helping lifelong learners work through mental health concerns. I am ready to assist you in your journey and am available to schedule appointments, on any HGTC campus or virtually, Monday-Thursday from 8am to 3pm. I am so excited to join the HGTC community!



Stress Awareness Month

April has been observed as National Stress Awareness Month since 1992. This month brings awareness to stress and the stigma that is sometimes associated. In addition, this month brings awareness to the many negative effects of stress and the toll it takes on our bodies. Stress has been found to increase headaches, stomach-related issues, chances of developing heart disease, stroke, and anxiety/depression. The effects of stress can be combatted by developing healthy coping strategies and ways to handle stressful moments. With finals approaching, we know our students may be feeling more stressed than usual, and we encourage you all to utilize the counseling resources at HGTC by reaching out to counseling@hgtc.edu.



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Virtual Counseling through BetterMynd

BetterMynd is an online mental health platform that partners with colleges and universities to provide students with access to mental health counseling services. At Horry-Georgetown Technical College (HGTC), BetterMynd offers students a free, convenient, and confidential way to receive support from licensed mental health counselors, along with a variety of mental health and well-being workshops! BetterMynd offers both a variety of counselors you can choose from and flexibility to schedule sessions outside of the colleges regular operating hours (evenings and weekends). By integrating BetterMynd into its student services, HGTC demonstrates its commitment to supporting the mental health and well-being of its students. This partnership ensures that students have the resources they need to succeed both academically and personally!



Please email counseling@hgtc.edu to sign up!



Mindful Moments Finals Frenzy



In order to combat the stress that can occur during finals week, the Counseling Services Department is hosting "Finals Frenzy" at all 3 HGTC campuses. Certified Therapy Dogs from Love on a Leash will be at all 3 campuses as well as HGTC Academic Coaches. We hope this event gives students a chance to de-stress and prepare for upcoming finals in order to finish out the semester strong! We will be at each campus from 11:00 am until 2:00 pm on the following dates: 4/22 (Georgetown Building 100 Courtyard), 4/23 (Conway Building 300 Lawn), and 4/24 (Grand Strand Building 200 Front Entrance). We look forward to seeing everyone then! Don't forget to grab a goodie bag with "fuel for finals!"

