

Mindful Moments

Horry Georgetown Technical College

Counseling Services

July 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!

Summer Mental Health Guide

Summer is here! While we recognize some of our students are taking classes while others may be taking a break to re-charge for the Fall semester,

Summer can be a great time to work on your mental health. This month provides the perfect opportunity to get outside. This month's "Mindful Moment" will feature different ways to improve your mental health during the Summer months. We are at a great advantage living in the Grand Strand area because we have our beautiful beach available to visit. This is a great place to go to practice self-care and to take a break! Read below for more tips on improving your mental health during the Summer!



Minority Mental Health Month

Minority Mental Health Month, observed in July, is dedicated to raising awareness about the mental health challenges faced by minority communities. This observance aims to highlight the unique factors that impact the mental well-being of racial and ethnic minorities, and to promote equitable access to mental health resources and support. This month focuses on educating the public about specific mental health issues that affect minority groups, such as cultural stigma, access to care, discrimination & racism, language barriers, and much more. Please join us in celebrating Minority Mental Health Month to reduce stigma, increase awareness and education, and promote access to mental health resources!



HGTC Counseling Options

At HGTC, we have two options for mental health counseling and support. We are happy to offer a virtual counseling option as well as in-person counseling. Virtual counseling is an option 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! In addition, we also have an in-person counseling option through our Licensed Counselor, Katelynn Hine. Please feel free to read more about her at the following link:

https://www.hgtc.edu/current_students/counseling/index.html



Please email counseling@hgtc.edu to sign up!



Mindful Moments Summer Self-Care Ideas



SUMMER SELF-CARE IDEAS



Soak up Vitamin D
from the sun



Treat yourself



Learn a new skill



Read a new book



Drink lots of water



Spend time with
your pet



Declutter your
closet



Eat produce that are in
season