

# Mindful Moments

Horry Georgetown Technical College

Counseling Services

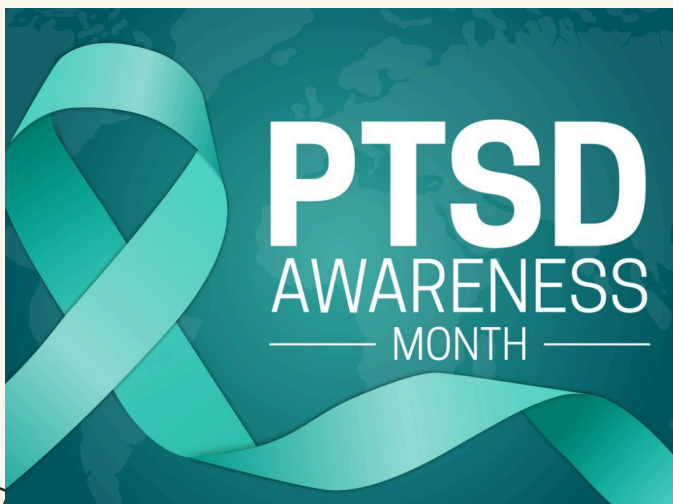
June 2025

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!



## PTSD Awareness Month

June is Post-Traumatic Stress Disorder (PTSD) Awareness Month. This month is dedicated to raising awareness about PTSD and promoting understanding, treatment, and support for individuals suffering from trauma. This month is observed annually and June 27<sup>th</sup> is designated as National PTSD Awareness Day. There are currently 12 million people in the U.S. suffering from PTSD. PTSD is a condition characterized by symptoms such as flashbacks, nightmares, extreme anxiety, and intrusive thoughts that occur after experiencing trauma either directly or indirectly. These symptoms can and do interfere with daily life and functioning; however, there are effective treatments.

If you or someone you know is suffering from symptoms of PTSD, please reach out to [counseling@hgtc.edu](mailto:counseling@hgtc.edu) for more information about 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](https://www.hgtc.edu/current_students/counseling/index.html)



Please email [counseling@hgtc.edu](mailto:counseling@hgtc.edu) to sign up!



## Mindful Moments?

### Summer Mental Health Tips



**How college students can boost their mental health over summer**

- Seek support
- Maintain a routine
- Stay engaged
- Keep up with responsibilities
- Reflect on your experiences

The infographic features a light blue background with a yellow sun in the top left corner. The five tips are listed in orange rounded rectangles, each preceded by a blue circle. In the bottom left corner, there is a small circular logo with a colorful design. In the bottom right corner, the logo for "ROGERS Behavioral Health" is visible, featuring the letters "R" and "H" in a stylized orange font.