

Mindful Moments

Horry Georgetown Technical College

Counseling Services

May 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!

Mental Health Awareness Month

May is Mental Health Awareness Month! This month highlights the importance of bringing awareness to mental health issues as well as reducing the stigma. This annual observance was founded by Mental Health America in 1949 and has been observed since. This year's theme is "turn awareness into action." This theme highlights the importance of not only improving mental well-being personally but also within the community. We can all work together to create a society that prioritizes and supports mental health. At HGTC, our Counseling Services Department would like to encourage our faculty, staff, and students to observe this month by sharing information and resources with friends, family, coworkers, classmates, and beyond! In addition, we encourage everyone to wear green in support of this month and all that it stands for. Please reach out to Counseling@hgtc.edu for information about resources and support available on campus. For more information on Mental Health Awareness Month, please visit: <https://mhanational.org/mental-health-month/>



Recognizing Mental Health Issues

Since this month is Mental Health Awareness Month, Counseling Services would like to highlight signs and symptoms of mental health issues so that we as a community can better identify when to ask for help for ourselves and when to recognize issues in others. The following are signs/symptoms to be on the lookout for: excessive sadness/low mood, anxiety and worry, extreme mood swings, social withdrawal, changes in eating habits, difficulty concentrating, strange/usual thoughts, substance use, increased sensitivity, loss of interest in activities, physical complaints, feeling worthless/guilty, and suicidal ideation. If you are someone you know are dealing with these symptoms, please reach out to Counseling@hgtc.edu for information, resources, and counseling services.



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 Tips to Improve Mental Health



MENTAL HEALTH IMPROVEMENT



Eat Well



Share your Feeling



Be creative



Relax



Good Sleep



Exercise



Talk to
Friends



Manage
Your Stress