

# Mindful Moments

Horry Georgetown Technical College  
Counseling Services September 2025

Welcome to Mindful Moments—a monthly newsletter from HGTC Counseling Services. This newsletter will keep you informed about upcoming events, important news, and helpful mental health tips.

Each issue will include easy-to-use coping skills and mindfulness exercises that you can add to your daily routine. These tools are designed to support your well-being and help you stay present throughout the day.

Be sure to check in with us each month to stay updated on mental health events at HGTC and in the community—and to discover new ways to care for your mind and body.

## September: Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month, a time to raise awareness, foster hope, and promote mental health resources across our campus community. At college, the pressures of academics, social life, and personal challenges can feel overwhelming—but no one has to face them alone. This month serves as a reminder that it's okay to ask for help, to check in on friends, and to speak openly about mental health. Together, we can break the stigma surrounding suicide and support one another with empathy and understanding. Resources are available through campus counseling services, crisis hotlines, and peer support groups—because your mental well-being matters.



*A teal and purple awareness ribbon appears on the left side of the image, symbolizing suicide prevention. To the right of the ribbon, bold white text reads: "Suicide Prevention Month." Above that text is a smaller dark blue rectangle with the word "September" in white capital letters. The background is a solid teal color.*

## KNOW THE SIGNS!

In honor of **Suicide Prevention Awareness Month**, it's important to educate ourselves on recognizing the signs that someone may be struggling. Being aware and taking action could help save a life. Here are some key tips and tricks for recognizing the warning signs of suicide:

1. Talking about wanting to die or expressing hopelessness—even in a joking way.
2. Withdrawal from friends, family, or activities they once enjoyed.
3. Drastic changes in mood or behavior, including extreme sadness, irritability, or calmness after a period of distress.
4. Increased use of alcohol or drugs, or reckless behavior.
5. Giving away belongings, saying goodbye, or expressing that others would be better off without them.
6. Changes in sleep—either sleeping too much or too little.
7. Sudden drop in academic or work performance.

## Know the Resources

- 988 Suicide & Crisis Lifeline – Call or text 988 (24/7)
- HGTC Counseling Services – [Counseling@hgtc.edu](mailto:Counseling@hgtc.edu)

**SUICIDE PREVENTION**



**KNOW THE SIGNS**

*The image has a black background with bold yellow text at the top that reads: "Suicide Prevention." In the center is a large red warning triangle containing a white exclamation mark, symbolizing urgency or danger. Red lines radiate outward from the triangle, emphasizing the alert. Below the triangle, yellow text reads: "Know the Signs." The image emphasizes the importance of recognizing the warning signs of suicide.*

## HGTC Counseling Options

### Mental Health Counseling Options at HGTC:

At Horry-Georgetown Technical College (HGTC), we offer two options for mental health counseling and support: virtual counseling and in-person counseling.

#### Virtual Counseling with BetterMynd

We partner with a service called BetterMynd to offer online mental health counseling. BetterMynd is a secure, confidential platform that connects students with licensed mental health counselors. This service is free for HGTC students. You can choose a counselor who fits your needs and schedule appointments during the day, in the evening, or on weekends. BetterMynd also offers wellness workshops to help you learn new skills and manage stress.

#### In-Person Counseling at HGTC

If you prefer to meet with someone on campus, HGTC also offers in-person counseling. Our licensed counselor, Katelynn Hine, is available to support students directly.

To learn more about Katelynn and in-person counseling services, please visit:

[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!



Logo for BetterMynd showing a stylized blue human head with green and blue circles above it, symbolizing thoughts or ideas. The word "BetterMynd" is written below the head in white letters.



A smiling woman with shoulder-length brown hair and glasses poses in front of a colorful, circular patterned tapestry. She wears a teal shirt.



## Mindful Moments

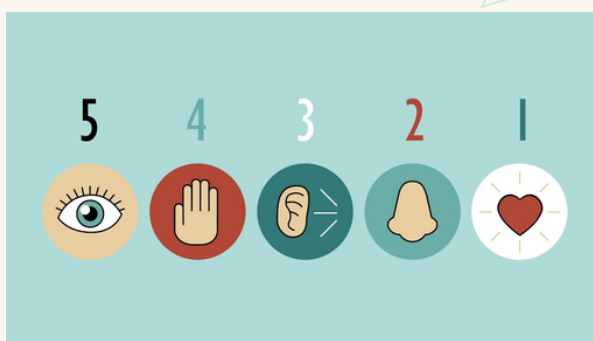
### Grounding



Feeling overwhelmed or anxious? Try the 5-4-3-2-1 grounding exercise to bring yourself back to the present moment. Here's how:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This quick mindfulness trick helps calm racing thoughts and reconnects you to your surroundings.



Visual guide to the 5-4-3-2-1 grounding technique with icons for seeing, touching, hearing, smelling, and one heart symbol, all on a light blue background.