

STUDENT UPDATE FROM COUNSELOR KRISTI IRVING, MA, LPC, CCTP – May 21, 2020

Good Morning!

Mental Health America has launched a #MillionInMay initiative, to raise awareness of mental health and link people with resources. Below is a link where you can learn more about the initiative and participate in free screenings for a variety of mental health conditions. Feel free to pass this information on to family and friends as well.

<https://mhanational.org/millioninmay>

Just a reminder, as a student at LTC who is enrolled in college courses, you have access to free and confidential counseling. You are welcome to contact me directly if you'd like to set up an appointment.

Take care and be well,
Kristi