

Young Harris College
Student Counseling Services

CPP Contact Information

- Student Liaison: Ashley Palmateer
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- Faculty Advisor: Nerissa Baker
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Student Resources

Counseling Services

- Student Counseling Center
 - Located in the Success Center on the bottom floor of the Rollins Campus Center
 - Hours: Monday - Friday, 8am-5pm
 - [Direct link to counseling services website](#)
- Available Services
 - Overall Wellness, Stress Management, & Adjustment
 - Developing healthy self-care practices and daily habits to successfully manage the emotional challenges of college life
 - Self-Awareness, Self-Identity, and Understanding
 - Generalized and Social Anxiety
 - Substance Use and Abuse
 - Eating Concerns and Body Image
 - Depression
 - Family of Origin Issues & Influences
 - Relational & Interpersonal Distress
 - Anger Management

- Past Abuse, Trauma, or Victimization
- Non-Suicidal Self-Injury
- Building social support systems and developing adaptive coping skills
- Telehealth
- How to make an appointment
 - Call (706) 379-5057
 - Email smcclure@yhc.edu

Crisis Hotlines

- Suicide and Crisis Line: 988
- Georgia Crisis and Access Line: 1-800-715-4225
- Crisis Text Line: HOME to 741 741
- National Eating Disorders Association Helpline: 1-800-931-2237 or nedawareness.org
- Trevor Project: Text START to 678-678 or call 1-866-488-7386
- National Sexual Assault Hotline: 1-800-656-HOPE (4673) or rainn.org
- S.A.F.E.: Sexual Assault Crisis Line (706) 379-3000

Prescription Drop-Box Locations

- Location: Union County Sheriff's Office
- Contact Union Co. Deputy Commander Chris Shellnut
- Hours of Operation: 24/7
- Find more locations at: <https://prescriptiondrugdisposal.com/>

Naloxone Trainings

- georgiaoverdoseprevention.org (request training and Narcan rescue kits)

