

## Information Item

### ***Mental Health Awareness Month***

Since 1949, the Mental Health America (MHA) organization and others across the country have observed May as Mental Health Awareness Month by reaching out to millions of people through the media, local events, and screenings. After the last two years of pandemic living, many people are realizing that stress, isolation, and uncertainty have taken a toll on their well-being.

This year, the theme of MHA's 2022 Mental Health Awareness Month is "Back to Basics." The goal is to provide foundational knowledge about mental health and mental health conditions and information about what people can do if their mental health is a cause for concern.

Collin College has a robust offering of mental health resources available for our students, faculty, and staff. Throughout the month of May, the College is making a special effort to provide information to the College community to increase awareness regarding how students and employees can obtain support and services. Both Human Resources (for faculty and staff) and Counseling Services (for students) are spearheading these mental health awareness initiatives.

In addition, an information card will be distributed to students and employees that includes contact information and QR codes for key services. The goal is to have this important information readily available in a wallet or in the College ID badge holder in the event of an urgent need.




### **Employee Information Card**

COLLIN COLLEGE STUDENT RESOURCES		QR CODE
<b>ADVISING</b> AcademicAdvising@Collin.edu	<b>POLICE</b> 972.578.5555	
<b>FINANCIAL AID &amp; VETERAN SERVICES</b> 972.881.5760	<b>COUNSELING</b> 972.881.5126	
<b>CAREER CENTER</b> Career@Collin.edu	<b>ACCESS DISABILITY SERVICES</b> 972.881.5898	
StudentSuccess@Collin.edu		

COLLIN COLLEGE EMPLOYEE SUPPORT	
<b>Full-time Faculty and Staff</b> Free 24/7 Mental Health Support and other Benefits at DeerOaksEAP.com or 866.327.2400 <b>HealthSelect</b> (Blue Cross Blue Shield) healthselect.bcbstx.com or 800.252.8039	<b>Part-time Faculty and Staff</b> <b>CougarCare</b> Free 24/7 Telehealth, TalkNow, and Telemental Health 
Delivering a brighter future for our students and communities	

## Student Information Card

COLLIN COLLEGE STUDENT RESOURCES		COLLIN COLLEGE STUDENT SUPPORT	
 <b>ADVISING</b> AcademicAdvising@Collin.edu	 <b>POLICE</b> 972.578.5555	<b>Tutoring</b> 	<b>CougarCare</b> Free 24/7 Telehealth, TalkNow, and Telemental Health 
 <b>FINANCIAL AID &amp; VETERAN SERVICES</b> 972.881.5760	 <b>COUNSELING</b> 972.881.5126		
 <b>CAREER CENTER</b> Career@Collin.edu	 <b>ACCESS DISABILITY SERVICES</b> 972.881.5898	Delivering a brighter future for our students and communities	
StudentSuccess@Collin.edu			

### Resource:

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