



## OPEN TO ALL STUDENTS!

Don't miss out on these valuable resources to support your mental health!

### *Gulf Coast Center*

## MENTAL HEALTH SPEAKER SERIES

Join us online for two impactful virtual workshops designed to help students prioritize their mental health, seek support early, and practice self-care for lasting well-being.

For more information, email:  
[counseling@alvincollege.edu](mailto:counseling@alvincollege.edu)

### *Gulf Coast Center*

**24-Hour Crisis Hotline**  
866-729-3848

**Main Office/Appointments**  
1-800-643-0967  
<https://gulfcoastcenter.org/>

**THURSDAY, JANUARY 30 | 6:30 P.M.**

### *The Struggle Is Real: Paying Attention to Mental Health*

Learn to recognize the early signs of stress, anxiety, and depression, and understand how they can affect your academics and personal life. Discover why early help is key to mental health.



**THURSDAY, APRIL 24 | 2:30 P.M.**

### *The Struggle Is Real: Self-Care Strategies for Mental Health*

Explore practical self-care strategies to manage stress, build resilience, and avoid burnout. Walk away with tools to improve your mental health and create a long-term self-care plan.

