

Mental Health Matters

NEWSLETTER



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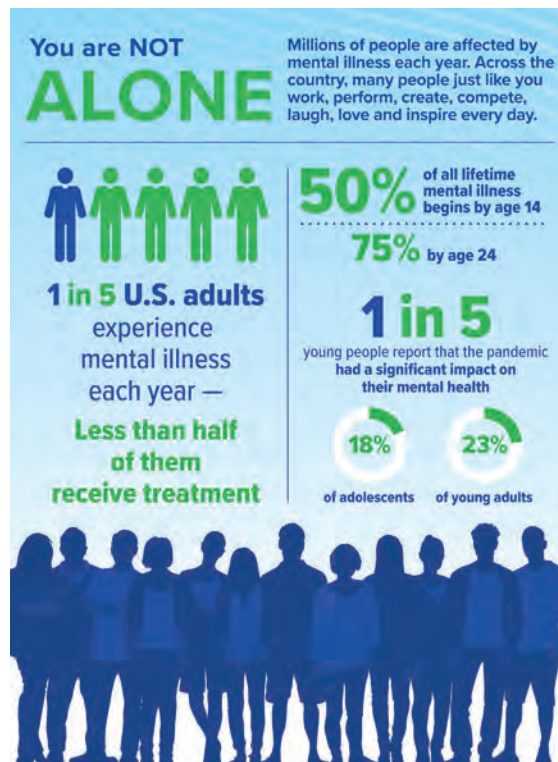
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Mental Health Matters

A new semester is here.

As we begin Fall classes, Kish wants to remind you that we are here to help you with mental health resources, including a new service available 24/7. Take a minute to learn more because your mental health matters.

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Source: [nami.org/mhstats](https://www.nami.org/mhstats)

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Another local resource to help manage your life.

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Music is a great way to relax and Kish faculty, Eric Schroeder has some playlists to help you chill.

If you need any assistance PLEASE REACH OUT to Student Services at 815-825-9375 or email dlee2@kish.edu



Introducing Talkspace

Introducing your virtual mental health platform.

Kishwaukee College is excited to offer Talkspace, a virtual platform providing counseling services to students, faculty and staff.

Unfortunately, mental health issues have been on the rise, with many students reporting the following:

- 95% felt fearful
- 89% had difficulty concentrating
- 86% had disruptive sleep

Kishwaukee College wants to offer the best mental health options available to the student population. In collaboration with other local providers and services, Talkspace will help streamline services for mental health more efficiently and effectively.

Access Talkspace by downloading the Talkspace app. Users can then match up with the right therapist in minutes by answering questions about demographics and mental health needs. Students can choose their therapist after reading their bio and levels of expertise.

With Talkspace therapy, you can send your therapist text, voice, or video messages at any time while also scheduling live sessions. All sessions are confidential and secure.

For more information regarding Talkspace, please visit talkspace.com and kish.edu

Source: talkspace.com

Braden Counseling Center

“New Ways for Better Days”



The goal of Braden Counseling Center is to teach you the skills to manage your life.

BCC was established in 2002 and has serviced more than 1,000 clients. All clinical staff are licensed and/or certified counselors. BCC provides free consultation services and accepts various insurance providers, cash and/or credit card payments.

Services are provided in Sycamore, Rochelle, Geneva, Elgin and the Bartlett areas for individual, family, couple and substance abuse services, including DUI and smart recovery support groups.

For more info on Braden Counseling, visit bradencenter.com or email info@bradencenter.com



Grooves That Soothe

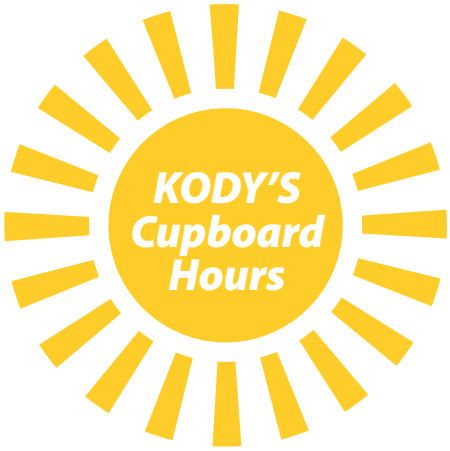
Music to help you chill out.

Stressed out about finals or anything else? Don't forget to take some time to unwind.

View Eric's playlist at kish.edu/personalcounseling

Stressed out about your classes? Don't forget to take some time to unwind. Music is a great way to relax and practice self-care. Eric Schroeder, Adjunct Professor of Music, has created a playlist all about relaxation.

View the playlist at kish.edu/personalcounseling, and check out all the other playlists Eric has created honoring different cultures and identities.



Open year round.

Students in need of food or other necessities can visit Kody's Cupboard Food Pantry on campus for assistance any time of year. Kody's Cupboard provides non-perishable food and feminine hygiene products.

Kody's Cupboard is open from 9 am–2 pm on Tuesdays for walk-ins in C1120 or curbside pickup at the Student Center Drive in front of Door 6.

**TUESDAYS
9:00 am – 2:00 pm
Walk-Ins in C1120
or Curbside Pickup
at Door 6 in front of
the Student Center**

For more information or to place an order, visit kish.edu/kodyscupboard