



PCC has partnered with BetterMynd, an online therapy platform for college students, to offer access to video therapy with a network of licensed mental health counselors.

Approved students can get a **FREE 50-minute video therapy session** on the BetterMynd platform. **Sessions are confidential** and are available during the day, evening and on weekends through your computer or smartphone.



Scan this QR code to start the registration process to sign up for a video therapy session



If you or a loved one are navigating a crisis, please **scan the QR code** for crisis support resources.

BetterMynd is not an emergency service and should not be used by anyone experiencing a life-threatening or crisis situation. Instead, you should call 911 to get immediate assistance.