



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.

To request a session credit, get in touch with your PCC campus/site contact:

Pueblo/Fremont Campuses

Vernon James
Dean of Students
Vernon.James@pueblocc.edu
719-549-3035

PCC Southwest

Lisa Molina
Regional Director of Student Success
Lisa.Molina@pueblocc.edu
970-564-6228



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.