



# COUNSELING DEPARTMENT

## SCHEDULE AN APPOINTMENT

To schedule an appointment or make a referral, please email [advise@cravencc.edu](mailto:advise@cravencc.edu). Leave the name, student ID number, phone number and best time to call, a brief synopsis of the problem, and/or resources needed.

If you would rather leave a confidential voicemail, call 252-638-5289. In the event of a crisis, please call 911 or Mobile Crisis at 1-844-709-4097 or 1-866-437-1821.

## CONTACT US

It is not a question of *if*, but rather *when* challenging events will result in temporary episodes of distress and crisis. We are here to help during these experiences.



### CALL US

(252) 638-5289  
(252) 638-7232



### EMAIL US

[advise@cravencc.edu](mailto:advise@cravencc.edu)



### VISIT US

New Bern Campus  
Barker Hall, Student Services

# CRAVEN

COMMUNITY COLLEGE

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[cravencc.edu](http://cravencc.edu) | 252-638-7200

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## OUR PURPOSE

The Counseling Department was developed as an additional layer of support services to assist students in maximizing their potential toward success. We provide immediate, effective support and resources to our campus community during challenging times. We also promote positive mental, emotional, and social coping skills through educational opportunities delivered on campus and virtually.

## CONFIDENTIALITY STATEMENT

All information shared with our counselors is kept confidential. Only with your written consent will information be released to anyone outside of the college's counseling department, except as required by law.

Legal exceptions include the following:

- You are a clear and imminent danger to yourself or others
- A court order is issued

Counseling notes do not become part of a student's records. All employees are ethically and legally bound to treat all information confidentially.

## WHAT WE OFFER

The Counseling Department currently offers a variety of support services:

- Brief individual counseling support and referral
- Crisis intervention and referral
- Informational workshops on mental health-related topics
- Community resource networking and collaboration

The Counseling Department also offers information and resources for the following:

- Stress management
- Suicide prevention and intervention
- Depression
- Anxiety disorders
- Eating disorders
- Sexual abuse

We are committed to an ongoing mission of stabilizing, strengthening, and supporting our campus community members as they pursue individual and collective goals.

## CRISIS SERVICES

**RHA Mobile Crisis Team East**  
1-844-709-4097

**NC Peer Warmline**  
1-855-PEERS-NC

**Suicide and Crisis Lifeline**  
Call or Text 988

**Coastal Center for Hope and Healing**  
(Abuse/domestic violence)  
252-638-4509

**National Drug Helpline**  
(Addiction for drugs or alcohol)  
1-844-289-0879

**Trevor Project: LGBTQ Crisis Line**  
1-866-488-7386

**IFS Mobile Crisis Team**  
1-866-437-1821

**Crisis Text Line**  
Text "HOME" to 741-741

**Human Trafficking Resource Center Hotline**  
1-888-373-7888 or Text "BE FREE" to 233733

## ADDITIONAL RESOURCES

To find out about additional resources we can assist you with and in-depth information on mental health topics, please visit our Counseling page on Panther Portal.

Scan the QR code or visit  
[CravenCC.edu/Counseling-Services](https://CravenCC.edu/Counseling-Services)  
to access our Panther Portal page

