

TELEHELP

The purpose of TeleHelp is to offer behavioral health services and support to students attending Mountain Empire Community College. TeleHelp provides virtual, quick, and seamless access to a supportive, caring, and experienced counselor. Counselors will be available for students who may need support or help overcoming a stressful time in his or her life.



TeleHelp Services Include:

- **Counseling & support to students.**
- **Coaching and brief counseling to prevent a student from reaching a serious crisis.**
- **Coaching includes help with decision making, assisting with emotional crisis or adjusting to the daily stressors of college life.**
- **Referrals to ongoing community resources .**
- **Referral to Mobile Crisis for students expressing suicidal thoughts or behaviors.**

Process to connect to a TeleHelp counselor:

Call TeleHelp line: (423) 306-4500

Monday through Friday, 8:00 AM to 4:00 PM | Provide counselor with your name and call back number

A Telehelp counselor will call you back at an agreed time.

**Dual Enrollment students do not qualify for these services.*



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