

Destress with a Counselor

Are you feeling stressed or depressed? Has schoolwork become more difficult to manage? Is our political climate, racial injustice, and other social concerns making life more challenging for you? Are there other issues (family, relationships, etc.) that you are struggling with? If so, Bellevue College's Counseling Center is offering a variety of free support services for students.

Tuesday October 29	Midterm Destress D-126 12:00 - 2:00 pm <i>Too stressed from mid-terms? Come join the Counseling Center to de-stress using art, light therapy – and more.</i>
Wednesday October 30	Unwind with BC Counseling C-212 10:30 am - 1:30 pm <i>Come join the BC counselors and spend time doing arts and crafts, pick up a destress toy, or learn about counseling services.</i>
Thursday October 31	Unwind with BC Counseling C-212 11:00 am - 1:00 pm <i>Come join the BC counselors and spend time doing arts and crafts, pick up a destress toy, or learn about counseling services.</i>
Tuesday November 5	Unwind with BC Counseling C-212 10:30 am - 12:30 pm <i>Come join the BC counselors and spend time doing arts and crafts, pick up a destress toy, or learn about counseling services.</i>
Wednesday November 6	Unwind with BC Counseling C-212 11:30 am - 1:00 pm <i>Come join the BC counselors and spend time doing arts and crafts, pick up a destress toy, or learn about counseling services.</i>
Thursday November 7	Unwind with BC Counseling C-212 10:30 am - 2:00 pm <i>Come join the BC counselors and spend time doing arts and crafts, pick up a destress toy, or learn about counseling services.</i> Post-Election Restorative Listening Circle for Students 12:00 - 2:00 pm <i>Listen and be heard in a facilitated process that aims to foster a greater sense of emotional connection, transparency, and shared vulnerability. This is not a debate or problem-solving circle. Register in advance to attend in-person or online.</i> <div>  https://tinyurl.com/5n6vmrzn </div>

Bellevue College Resources

- Bellevue College's Counseling Center offers free and confidential mental health services to students. Visit our website to learn more, access resources, or to schedule an appointment.
- Drop-in crisis counseling services are available Monday to Friday from 9 am to 4 pm in U201 for students who identify as being in imminent harm to themselves or others or are in high emotional distress.



<https://www.bellevuecollege.edu/counseling/>

24/7 Crisis Support

If you or someone you know is experiencing a crisis, these resources can offer assistance:

- **Crisis Connections:** Free 24-hour crisis support via phone. Call 988.
- **Crisis Text Line:** Free 24-hour crisis support via text message. Text "HOME" to 741741 to get started.

Please contact the Counseling Center at counseling@bellevuecollege.edu or call 425-564-5747 with questions or for accommodations.