One role of Personal Counseling Services (PCS) is to provide outreach to the campus community, including in classrooms. You can schedule a representative from PCS to talk with your class about topics such as:

* Mental Health 101
* Stress Management
* Meditation & Mindfulness
* Suicide Prevention
* Technology Use & Mental Health
* Alcohol and Other Substance Use in College Students
* Eating Disorders & Body Image
* Sexual Assault, Consent, & Healthy Relationships
* Supporting Survivors of Sexual Assault
* Other mental health topics may be accommodated by request

PCS can also provide workshops for faculty and staff on how to support student mental health (e.g., how and when to refer to counseling, when to fill out an EC Cares report form).

To arrange a presentation, please contact Megan Cobb-Sheehan at mcobbsheehan@edgewood.edu.