

PIKES PEAK COMMUNITY COLLEGE

# COUNSELING

CENTER



Mental Health Support

*for PPCC Students*



Counseling Center  
PIKES PEAK COMMUNITY COLLEGE

**Centennial Campus**  
5675 S. Academy Blvd.  
Rooms C201a & C201b  
Colorado Springs, CO 80906

[ppcc.edu/counseling-center](http://ppcc.edu/counseling-center) | 719.502.4782

**Rampart Range Campus**  
2070 Interquest Parkway  
Room N107c  
Colorado Springs, CO 80921

**Downtown Studio Campus**  
100 W. Pikes Peak Ave.  
Room S126a  
Colorado Springs, CO 80903



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**Y**our emotional health matters to us. We are here to support your academic progress and emotional health by providing you with professional counseling, education and support.

## WHAT WE PROVIDE

Mental health counseling to help you navigate through problems or concerns that may interfere with your academic progress.

Referrals to community resources for transportation, housing, employment, food banks, money for emergencies, therapists who provide long-term therapy, and more.

Education on the prevention of suicide, domestic violence, dating violence, sexual assault, and stalking.

Crisis intervention for students who have experienced tragedy, trauma, assault, and who show signs of mental illness or thoughts of suicide.

Consultation and training with faculty and staff on how to address student emotional concerns.

### Workshops

- Stress Management
- Depression
- Test Anxiety
- Communication
- Sleep
- Learning Styles
- Coping w/ tragedy
- Drug & Alcohol
- Mental Health First Aid Certification Course and more



**T**he PPCC Counseling Center is sensitive and places a high value on the dignity and worth of individuals regardless of their gender expression and identity, ethnicity, race, sexual/affective orientation, age, physical and mental abilities, religious beliefs, and socioeconomic class.

## OTHER RESOURCES

**Anonymous tip line to report concerns that threaten you or anyone around you.**  
[safe2tell.org/submit-a-tip](https://safe2tell.org/submit-a-tip)

**Mental health resources for college students.**  
[Ulifeline.org](https://www.ulifeline.org)

**Suicide Prevention Lifeline**  
800-273-8255

**Suicide Prevention Partnership Hotline**  
719-596-5433

**Referrals for food, housing , utilities, transportation, medical care and more.**  
[ppunitedway.org/2-1-1/](https://ppunitedway.org/2-1-1/)

## CONTACT US

**Main Office**  
719-502-4782

**Crisis Counselor**  
719-502-4688  
[carrie.finkill@ppcc.edu](mailto:carrie.finkill@ppcc.edu)

**Director of Counseling Services**  
719-502-4689  
[yolanda.harris@ppcc.edu](mailto:yolanda.harris@ppcc.edu)

**Locations**  
Centennial Campus | Rooms C201a & C201b  
Downtown Studio Campus | Room S126a  
Rampart Range Campus | Room N107c