

November 2024

## Free Onsite and Virtual Mental Health Counseling for SSC Students!



**Stephanie Hassell, LLC**  
**Counselor**

Stephanie Hassell is a Licensed Professional Counselor who will be providing free counseling services to students in the library in office 103 every Thursday from 9 AM to 2 PM. She is a graduate of Seminole State College and The University of Central Oklahoma with a Master's Degree in Counseling Psychology.

Stephanie provides inclusive and collaborative individual therapy. Her main areas of focus are trauma, anxiety, and depression, but she has experience treating OCD and other related mental and emotional issues.

Stephanie creates a safe and affirming space for her clients to feel comfortable regardless of sex, gender identity, race, religion, disability, etc. while using only evidence-based methods.

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Stephanie wants each of her clients to reach the goals they've set for themselves, while also exploring and creating new goals they may never have thought possible. Seeking assistance for mental health struggles is one of the best and bravest things any person can do for themselves. It's not easy to admit when you need help and it's even more difficult to begin taking the steps toward change. More often than not, one small step in the right direction becomes the catalyst for so much greatness. When you feel confident in yourself and in your abilities, the world really is your oyster.

People tend to think therapy is only for those in the depths of despair or on the verge of a mental breakdown. While that is partially true, therapy is also just a place for you to gain a better understanding of yourself, learn new coping strategies, develop communication/interpersonal skills, goal exploration, and so much more. If you've ever wanted to try out therapy, but were unsure of how to get started, consider this your sign pointing to the path of a better future!

## Onsite and Virtual Mental Health Counseling Instructions

**To sign up for a session, email the  
[helpcenter@sscok.edu](mailto:helpcenter@sscok.edu)**

NASNTI is 100% federally funded in the amount of \$450,000 annually.