



Students enrolled in CTE programs receive the support to gain the skills and experiences necessary for workplace success.

SPECIAL POPULATIONS RESOURCE GUIDE

CAMPUS AND COMMUNITY RESOURCES

ATC



Counseling & Veteran Services

Anna Jester
706-227-7174
AJester@AthensTech.edu

Counseling Services & Chair, Behavioral Intervention Team

Kenneth Coley
706-552-0984
KColey@AthensTech.edu

Tutoring Services

David Reynolds
706-583-2520
Tutoring@AthensTech.edu

Disability Services

LaTanja Clark
706-355-5010
LClark@AthensTech.edu

Special Populations & Career Services

Shelby Maxwell
706-355-5006
SMaxwell@AthensTech.edu

General Concerns and Student Conduct/Behavior

Jessica Felts
706-583-2893
JFelts@AthensTech.edu

COMMUNITY



Sexual Violence/Assault

The Cottage
24hr Crisis Hotline
706-353-1912
877-363-1912

Suicide Prevention Lifeline

24hr Crisis Hotline
800-273-8255
SuicidePreventionLifeline.org

Veterans Crisis Line

800-273-8255, Press 1
www.VeteransCrisisLine.net

Domestic Violence

Project Safe
Crisis Hotline
706-543-3331

Mental Health

24hr Crisis Line
800-715-4225
Advantage Behavioral Health
855-333-9544
AdvantageBHS.org

Substance Abuse

24hr Crisis Line
800-715-4225
SAMHSA's National Helpline
800-662-4357
www.SamHSA.gov

If a student needs immediate assistance or the situation is an emergency, call 911.

**CHECK THE BOXES OF THE
ACTIVITIES YOU DO TO TAKE
CARE OF YOURSELF**

- ENJOY A GOOD MEAL
- VOLUNTEER OR JOIN A
STUDENT ORGANIZATION
- TAKE A SOCIAL MEDIA BREAK
- WRITE A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND
- VISIT A FAMILY MEMBER
- SPEND TIME OUTDOORS
- TAKE A NAP
- CUDDLE A PET
- TRY SOMETHING NEW
- GARDEN/PLANT SOMETHING
- FIND A QUIET SPOT TO
MEDITATE
- JOURNAL
- DRAW/PAINT
- READ A BOOK

**self-care
check-in**

