

# PTC - Counseling & Support

## What is PTC Counseling & Support?

Provides you with **free, confidential, in-the-moment support** to manage life's challenges and stay happy, healthy and safe while in school.

## How Does it Work?

Contact **PTC** at (864) 941-8356 for referrals or to receive in-the-moment support from a Student Care Coordinator from BHS, who is a master's level clinician. This Care Coordinator will confidentially assess your problem, assist with any emergencies and connect you to the appropriate resources. The Care Coordinator then becomes your personal point of contact and will keep in touch to ensure you are able to navigate all aspects of your life successfully.

## Common Reasons to Contact PTC - Counseling & Support

- Anxiety
- Depression
- Relationships
- Academic or career stress and parenting
- Failing grades
- Struggling with daily responsibilities
- Balancing school
- Health or body image issues
- Substance abuse
- Burnout/Anger
- Home sickness
- Suicidal thoughts

Also, the BHS portal is located on the PTC Pathway under **PTC - Counseling & Support**. For an in-person referral visit the Student Success Center, 101A Greenwood Campus.

## Program Features:



### Program Cost

This is a **FREE\*** benefit provided and paid or by your institution at no cost to you.



### Confidentiality

The SAP is completely confidential. BHS follows all federal and state privacy laws. Information about your problem cannot be released without your written permission.



### Available 24/7

Services are available 24-hours a day, 7-days a week via a toll-free number.

### Help is just a phone call away.

Call or text to access services.

**800-327-2251**

## MyBHS Portal

The mobile-friendly MyBHS customer portal provides access to more than 500,000 tools and resources on a variety of well-being and skill-building topics.

### Features:

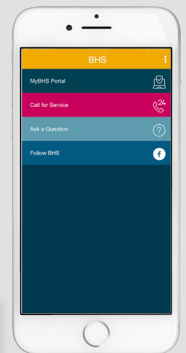
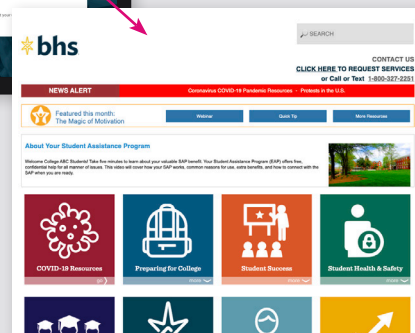
- ✓ Program Information
- ✓ Access to Live Chat
- ✓ Announcements
- ✓ Assessments
- ✓ Café Series Webinars
- ✓ Training Center
- ✓ Calculators
- ✓ Legal Forms
- ✓ News & Tips
- ✓ And more...



Access the MyBHS Portal online or via the app.

[portal.BHSONline.com](http://portal.BHSONline.com)

Username:  
**PTC SAP**



BHS



\* If you require a referral for long-term treatment, costs may be incurred. These are often covered by your health insurance plan.