



Are you experiencing stress, depression, or anxiety?

Difficulty adjusting to the College environment?

Dealing with mental health and wellness?



**Hudson County Community College
cares about you and wants to help.**

Please complete the General Concern Form

click here: <https://tinyurl.com/HCCC-Care> or scan the QR code.

The form is NOT monitored 24/7. A member of the CARE team will respond to your request during regular business hours.

If you need immediate help call or text 988 or visit

<https://988lifeline.org>

