

# Mental Health Counseling and Heads Up

## **Counseling Services**

Wallace State has a full-time counselor on campus available to all students free of charge. Students who need someone to talk with confidentially or need mental health support are encouraged to make an appointment. The counselor can be reached at [counselor@wallacestate.edu](mailto:counselor@wallacestate.edu) or 256.352.7423.

## **Heads Up**

Recognizing the need for students and staff to have an outlet to discuss preventive measures for drug and alcohol issues, the Heads Up Office in the Student Center is available for WSCC students in cooperation with Cullman Mental Health. The Heads Up prevention may be reached at 256.352.8021.