

Southern Crescent Technical College now offering Interactive Screening Program through ESPYR

New Wellbeing Screening

Concerned about your level of stress? Feeling a little burned out, maybe even depressed? At Southern Crescent Technical College, we believe that taking care of your emotional health is important. We want to provide you with resources to take care of you physically and emotionally. Especially during these stressful times.

We are happy to let you know that Southern Crescent Technical College is adding a new service to help support our students. The new, free service is called the **Interactive Screening Program (ISP)**. It's an anonymous and confidential service provided by Espyr. The purpose of this service is to provide our students with an opportunity to take a quick screening to learn about their personal level of stress and then to get personalized feedback from a counselor about their score. The screening is free, confidential, and anonymous.

To get confidential feedback and support from a counselor, we invite you to take a few minutes to visit [interactive screening for Southern Crescent Tech](#) and complete the brief online Self-Check Questionnaire. Once completed, a counselor will review your Questionnaire and provide you with a personalized response. The response will include information, recommendations, and options for next steps for connecting to support and resources if needed. You then can decide what, if anything, to do next with the professional's feedback. Remember, the screening service is free, confidential, and professional. And, its anonymous, you will not have to share who you are unless you want to.

Keep in mind that we are also able to provide our students with two other important services to support your physical and emotional health and wellbeing:

Chat, a free, confidential personal counseling service right at your fingertips. Chat with a licensed counselor right when you need it the most. Go to www.espyr.com and Log in using the password: **tigers**. Click the chat icon on the far right of the screen.

TalkNow, a free, confidential phone line that offers quick access to qualified counselors to help with most any personal issue. To access this service please call: **866-734-5890**.

If you have any questions about this screening service, please contact our TalkNow counselors at 866-734-5890