



American Counseling Association of Georgia Presents:

**Distress 101: Treating depression and anxiety among first-year college students**

**Featuring Dr. Chinwé Williams, LPC, NCC**

Live online Webinar 1.5 CE hours Free to attend \$10 for CEU Certificate

**Date/Time: June 25, 2019 7:00PM – 8:30PM EST**

The National Board of Certified Counselors Provider# 1000

Register online at [zoom.us/webinar/register/WN\\_fVNm8tdGT6aoZmb5pCQv\\_Q](https://zoom.us/webinar/register/WN_fVNm8tdGT6aoZmb5pCQv_Q)

This 1.5 hour webinar

Topic: Given the increased rates of mental health challenges, first-year college students can be particularly vulnerable to a host of psychiatric disorders. For some Clinical Mental Health Counselors, it can be difficult to differentiate first-year clients who are experiencing distress due to difficulty managing life independently versus clients who are exhibiting early signs of psychiatric conditions. For clients in either category, effective strategies are needed to facilitate a healthy and integrated transition. This presentation provides information on the current state of mental health among college students and tools for counselors to promote “mental and emotional toughness” and a healthy transition to college.

The event is free to all ACA of Georgia members. ACA charges \$10 for the CEU certificate. Maximum 100 person maximum for live webinar.