

Dear (student name here),

You mentioned that you are experiencing some mental health issues the last few weeks. I wanted to make sure you knew about some RCC resources that are available. We have a resource called Timely Care. It provides both scheduled counseling that is free three times an academic year, and also provides on demand chat 24/7 with a licensed providers for your mental health needs.

You can access Timely Care by going to the icon on your myRCC that looks like a dialog box, going to timelycare.com/vccs or by downloading the TimelyCare app.

These services are confidential and free. If you have questions about accessing TimelyCare, please feel free to contact Dr. David Keel, our Dean of Student Development. His office number is 804-758-6731, and his email is dkeel@rappahannock.edu.

Thanks,

Faculty Name