



# help@polk.edu

It can be tough to ask for help. Now you can reach out for assistance from the privacy of your own home. The Help Center is staffed by professional counselors who provide free confidential counseling to all PSC students.

Whether you're depressed, anxious or just feeling alone, we're here to help. Just email your questions or concerns to the Help Center today at [help@polk.edu](mailto:help@polk.edu). We'll respond to your questions within 24 to 48 hours. If you are experiencing an emergency please call 911 or go to your nearest emergency room.