



FOR EVERY
STUDENT
FOR EVERY
COMMUNITY

There's
a place
for you.



Triton College

For immediate release: **Sept. 25, 2023**

World Mental Health Day at Triton College – Connecting Students to Mental Health Resources

RIVER GROVE, Ill. – Triton College's Counseling & Wellness Support Services is recognizing World Mental Health Day by connecting students to mental health providers, on Monday, Oct. 9, 10 a.m.-1 p.m., in the Student Center Cafeteria (B Building). This event is free. The first 75 current students who register in advance will receive a gift.

Students will have access to various mental health resources, including Triton College counselors, self-assessment tools and community resources. Light snacks will be available.

To preregister, visit <https://forms.office.com/r/CjxSAhJrZi>.

For further details, please visit www.triton.edu/counselingevents.

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ABOUT TRITON COLLEGE

Triton College is a two-year college dedicated to helping members of the 25 Western Cook County communities in our district and beyond to achieve educational, professional and personal success. Located in River Grove, Ill., Triton offers more than 120 degree and certificate programs on its 110-acre campus, featuring a comfortable, friendly and diverse atmosphere. Triton also holds classes at satellite locations and offers online learning opportunities. Triton's dedicated faculty and staff work to provide high quality, convenient and affordable educational opportunities to more than 14,000 students each year. Triton College is accredited by the Higher Learning Commission. Learn more at <http://www.triton.edu/>.