

Welcome to Appling County High School!

It's a pleasure and I look forward to being a strong support system that will help you handle different illness or issues to help you succeed in school. I am a Licensed Mental Health Counselor that can provide you with counseling regarding Depression, Anxiety, Social Skills, Substance Use, Suicidal Ideations, Bullying, Peer Pressure, and any other issues that you may need to talk about. I am here to serve as a support system to you. I can provide regular check-ins with students to find how they are coping with problems and pressures. I can assist with referring you to other providers in the community, if needed. Please don't hesitate to seek or ask for help. Let's do this together!

“Once you replace **negative** thoughts with **positive** ones, you'll start having **positive** results.”