



Counseling Now Available

At Atlantic Packaging

One in five people suffer with mental health concerns that can take away from living a happy, productive life.

At your appointment, you can talk about what's bothering you and your counselor will help you cope. Whether you're dealing with grief, stress, anxiety, depression, relationship issues, PTSD, eating disorders, substance abuse, or self-image – we're here to listen.

TO SCHEDULE AN APPOINTMENT

Call 910-500-6846
or go online to:
my.marathon-health.com

Meet your Behavioral Health Specialist

Tiffany Huggins



Tiffany is a Licensed Clinical Mental Health Counselor with over 10 years experience and a member of the Marathon Health team who is dedicated to Atlantic Packaging. She is a graduate of Winthrop University in Rock Hill, SC with a Master's degree in Counseling and Development. Tiffany can provide counseling for many areas including stress, anxiety, depression and more. The most rewarding aspect of counseling for Tiffany is assisting individuals to reach their personal goals as they navigate through challenging problems in a safe and non-judgmental space. In her free time, she enjoys spending time with family, live music, traveling, and crafting.

Tiffany is currently licensed in North Carolina, South Carolina, Michigan, Texas, Maryland and Georgia. Tiffany is a FREE resource and she is available: **Monday 8am-6pm, Tuesday 12pm-4pm, Wednesday 9am-1pm, Thursday 9am-12pm.**

