



# THE WHALE WATCH

*"Looking Out for Yourself and Others"*

Special Announcement Issue

## WELCOME BACK!

The first few weeks back from Winter Break can be difficult for students!

The transition can feel like jumping from a *Hot Tub* into an *Arctic Lake!*



This is just a reminder that we are here to help support you as you make this transition back to school and a new routine!

Whether you are struggling with anything from motivation to relationships, you can email us at [counseling@neomed.edu](mailto:counseling@neomed.edu) or call 330.325.6757 to set up a time to talk or you can utilize [TAO Connect](#) for online self-help options.

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In addition, there are also **24/7** crisis support options:

**Coleman Access Support Line:**

**330-296-3555**

**Crisis Text Line:**

**741-741**

**National Suicide Hotline:**

**800-273-8255**



Center for Student Wellness  
and Counseling Services

[counseling@neomed.edu](mailto:counseling@neomed.edu)  
330.325.6757 | [neomed.edu/cswc](http://neomed.edu/cswc)