

August 2020
Issue #1



THE WHALE WATCH

"Looking Out for Yourself and Others"

Welcome Back!

The Center for Student Wellness and Counseling Services (CSWCS) welcomes our new and returning students to campus!



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The Center for Student Wellness and Counseling Services provides free and confidential direct individual counseling services for a variety of concerns including, stress, burnout, time management, relationship problems, anxiety, depression and other matters related to a student's overall mental well-being.

- Open M-F, 8 a.m. to 5 p.m.
- Located in Suite A-200 next to the library
- Stop by for more info and a **free highlighter**
- Call 330.325.6757 or email counseling@neomed.edu for an appointment

Currently, our therapy appointments are being held via teletherapy video conferencing through *TAO Connect.



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MASTER SKILLS

Master your technical skills to improve your personal and professional well-being. The CSWCS presents Master Skills Workshops monthly where you can build your repertoire of clinical skills in your professional and personal life. These workshops help students hone in on key areas such as mindset, outlook, connection, and self-care.

Look for our virtual Master Skills classes advertised on Presence soon!



***Therapy Assistance Online or TAO for short, is an online suite of tools meant to teach life skills, build resilience, and encourage positive growth. TAO's evidence-based educational modules are comprised of brief videos, interactive games, and mindfulness exercises meant to help you recognize and confront negative thoughts and behaviors. With just 15 minutes a day on your phone, tablet, or computer you will be on your way towards achieving optimum wellness in your life.**



The Meditation Room, located in L-238 (behind the library quiet area) is designed to promote wellness and

offers a number of options to assist in reducing stress and restoring balance. The room features a light therapy box, relaxation CDs, a Shiatsu heated massage chair and more. No reservation is required; simply use your student ID to access the room.



The CSWCS remains dedicated to providing you ways to manage your mental health and well-being. Visit our [Center for Student Wellness and Counseling Services website](#) to explore our many resources available such as but not limited to:

[Self-Help Toolkit](#)

[Community Crisis Resource Card](#)

[Hotlines and Local Resources](#)

[Referral Lists](#)

[How to Help a Student](#)

**If you are looking to talk to someone,
we are here for you!**

**The Center for Student Wellness
and Counseling Services**

330.325.6757

neomed.edu/cswc

counseling@neomed.edu

(Local) [Coleman Professional Services](#) 330.296.3555

[National Suicide Hotline](#) 800.273.8255

[Crisis Text Line 741-741](tel:741-741)