



January 2021
Issue #3



Whale Check

As you dive into the new semester, different challenges can present themselves and impact your overall wellbeing. Take a moment and do a "Whale" (well) check and evaluate your own wellness. Check out the variety of resources we have available to you.

*- The Center for Student Wellness and
Counseling Services*



Need to Talk?

The Center for Student Wellness and Counseling Services

Provides free and confidential direct individual counseling and psychiatric 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. We are committed to helping you connect to a variety of support options that will meet your particular needs.

We are located in Suite A-200 next to the library.

Call us 330.325.6757

OR

Email us at counseling@neomed.edu for an appointment

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MASTER SKILLS

Short on time? Want to sharpen your skills ?

Master Skills

Master Skills workshops are brief, targeted video sessions focused on building your personal and professional skills in the areas of: Mindset, Outlook, Connection, and Self-care.

Upcoming Topics for this semester:

- Healthy Relationship Dynamics (V-Week)
- Cognitive Distortions*
- Effective Communication*
- Radical Acceptance*
- Self-Compassion*

*Check out Presence for details on upcoming events



Want Self-Help?

Therapy Assistance Online or TAO for short

An online suite of tools meant to assess your current state of being, 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.



Want to Chill?

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.

Need Medical Care?

Student Health Services

- Patients can be seen virtually or in-person.
- Student Health Services is located on the 2nd floor of the NEOMED Education and Wellness (NEW) Center, near the

elevators in the new medical office building, suite 203.

- Hours:
 - Monday: 8 a.m. – noon and 1-5 p.m.
 - Tuesday: 1-5 p.m.
 - Wednesday: 1-5 p.m.
 - Thursday: 1-5 p.m.
 - Friday: 8 a.m. – noon
- To request an appointment, visit [AppointmentPlus](#).
- To email Student Health Services: clinicalservices@neomed.edu.
- For questions about appointments or to speak to someone directly, contact Student Health Services at 330.325.3202



Links
&
Resources

Want more information and Resources on Student Wellness?

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

***Need Additional Local and
National Resources?***

**(Local) Coleman Professional
Services 330.296.3555**

National Suicide Hotline 800.273.8255

Crisis Text Line 741-741