

GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams

#BeThe1To
Ask

CLICK IMAGE FOR MORE INFO

Find out how this could help save a life at
www.BeThe1To.com

If you're struggling, call the Lifeline at
988

GET ACTIVE

Geisel Mental Health First Aid Ambassador Program

A free Mental Health training where you will learn tips and tools for recognizing and discussing common mental health concerns such as depression, anxiety, trauma, and substance use disorder. **Stay tuned for the fall training date!** Training details: <https://www.mentalhealthfirstaid.org/>

WELLNESS WORDS

"You are not alone."

-Lucia Jarrell, Geisel Counseling
Counselor

SMART TIPS

September is Suicide Awareness Month

#BeThe1To is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

While you are supporting and helping someone who may be in crisis, it is especially important for you to also take care of yourself. This page shares tips and resources to help you practice self-care. <https://bit.ly/3ACpFpL> #BeThe1To #SPM22

RESOURCES

- Geisel Counseling: Free and confidential- 603-653-0045
- DCHS Counseling - Call (603) 646-9442 to make an appointment, free and confidential
- The Tucker Center- Spiritual & Religious support
- WISE- Call 866-348-WISE; support for domestic violence, sexual assault & gender-based violence
- Veterans - Dial 988, then press 1;
<https://www.veteranscrisisline.net/> The text message contact remains the same with 838255
- National Suicide Prevention Lifeline:
<https://988lifeline.org/>
- UWill- free and confidential for all students