

GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams

BLACK HISTORY MONTH BINGO

Try it!



SMART TIPS

Black History Month

It is an opportunity to recognize the many ways Black history, culture, leadership, and innovation have influenced all facets of life in the United States.

This year, the U.S. Department of Health and Human Services (HHS) and the Office of Minority Health (OMH) is celebrating Black History Month by acknowledging the role Black and African Americans have historically played in enhancing the health and well-being of all Americans.

Some ideas below in how participate in this historic month:

- Shop at a Local Black Business
- Attend a Local Black History Month Event
- Read a book by a Black Author
- Create a Black History Month Playlist

GET ACTIVE

WISE's Foundations of Gender-Based Violence Training

Join us for the spring session of WISE's Foundations of Gender-based Violence! This is recommended for all community members interested in understanding our work, becoming a volunteer for WISE, or simply curious about how and why gender-based violence exists.

Training begins the first week in March and meets Tuesday and Thursday evenings in person.

This training often fill up, so if you are interested in participating, please fill out an application now at <https://wiseuv.org/how-to-join/volunteer/>.

WELLNESS WORDS

"To bring about change you must not be afraid to take the first step.
We will fail when we fail to try."

-Rosa Parks



Every hour, every day
866-348-WISE

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