

GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams

Self-Care
Happy pride month!
Here are some ways for you to practice self-care!

LGBTQ+ Self-Care

- Know that you are not alone.
- Learn our history and get involved in the community.
- Watch shows, movies, and read books that are inclusive.
- Take your mental health seriously.
- Follow and support other members in the community.
- Know that you don't have to be out to be valid.
- Express yourself with art, music, and words.
- Find a good support system.

@BlessingManifesting

SMART TIPS

LGBTQ+ PRIDE

The LGBTQ+ rights movement has made tremendous strides over the past few decades and much of the progress in visibility is thanks in part to gay pride parades and marches that have taken place in cities around the world.

The International LGBTQ+ Travel Association published this calendar to inform the LGBTQ+ community of important gay pride events and parades globally to offer a complete source for planning your travel.

<https://www.iglta.org/events/pride-calendar/>

For local events, check out this Vermont site:

<https://www.pridecentervt.org/events/>



GET ACTIVE

AFSP Hike for Hope - NH

Join us at Mount Major in Alton, NH

Suicide prevention starts with everyday heroes like you.

Where are we Hiking? Mount Major via

Brook and Main Trail Loop. [CLICK HERE](#) to learn more. Contact Email:

asharpetherapy@gmail.com

WELLNESS WORDS

“Your value doesn't decrease based on someone's inability to see your worth ”

-Unknown

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