

GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams



GET HELP LEARN GET INVO



SMART TIPS

September is Suicide Prevention Month

A time to remember, acknowledge and raise awareness about suicide prevention and share messages of hope.

How can you help or get help? Educate yourself and others about suicide prevention: Learn the warning signs and risk factors for suicide, how to support someone considering suicide, and familiarize yourself with the 988 Suicide & Crisis Lifeline.

Please see the RESOURCES below to access campus, local community and national care.



GET ACTIVE

September Wellbeing Event

Cider & Restorative Yoga

Monday, Sept 23

4 - 5:30pm

Remsen Student Lounge

Join me for a soothing, restorative-focused class to unwind, connect, and experience mental relaxation.

Please bring your own mat & blanket

but will have ~8 mats available

Email Kate.E.Adams@dartmouth with any questions!

WELLNESS WORDS

“When you don’t have the strength to take another step, ask those you love to pull you.” -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