



**CENTRAL
TEXAS
COLLEGE**

NEWSLETTER

Wellness & Counseling Services • Vol. #6

WHAT'S NEW

Wellness and Suicide Prevention Awareness Month: September Highlights

Dear Students, Faculty and Staff

September is not just the start of a new academic year; it's also a crucial time to focus on our collective well-being. We are excited to announce that this month is dedicated to Wellness and Suicide Prevention Awareness. We can foster a supportive community where every student feels valued and understood.

Why It Matters

The transition to college can be both exciting and overwhelming. Balancing academics, social life, and personal responsibilities can sometimes take a toll on our mental health. It's essential to recognize that you are not alone. We're here to support you every step of the way.

Suicide Prevention Awareness

Suicide prevention is a topic that concerns us all. We must stay informed, watch out for warning signs, and be ready to offer or seek help. This month, let's educate ourselves and each other about the importance of mental health and create a safe environment where open discussions are encouraged.

How You Can Help

Be Aware: Educate yourself about the signs of mental distress and take them seriously.

Reach Out: If you or someone you know is struggling, don't hesitate to speak up. Contact our campus Wellness & Counseling Services or use the

National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255). Available 24/7, this confidential lifeline provides support from trained counselors.

Crisis Text Line: Text "HELLO" to 741741. Available 24/7, a Crisis Counselor will respond and provide support through text messaging.

The Trevor Project: For LGBTQ+ youth, call 1-866-488-7386 or text START to 678678 for 24/7 crisis intervention and suicide prevention services.

Online Resources

Lifeline Chat: Visit suicidepreventionlifeline.org/chat to chat with a counselor online.

7 Cups: Provides free, 24/7 emotional support at 7cups.com. Connect with trained listeners who can offer support.

IMALive: Visit IMALive.org for an online crisis network that provides support through chat.

Create Connections: Try to stay connected with friends and peers. A kind word or a simple gesture can make a big difference.

We're Here for You

Remember, taking care of yourself is as important as your academic achievements. Our campus provides numerous resources to support your mental health and well-being.

For more information on events resources or to schedule a session with a counselor.



On-Campus Resources Please contact:

**Wellness & Counseling
Services Director**
Nadiya Filimonova, MS.,
LPC-S, LCDC
254-501-3096

Office Specialist
Wally Rios: 254-501-3097



If You Are Overwhelmed Steps to Take

Recognizing the Signs of Stress

Acknowledge Your Feelings

It's okay to feel overwhelmed. Recognizing and accepting your emotions is the first step toward addressing them.

Pause and Breathe: When you feel overwhelmed, take a moment to pause and breathe deeply. This simple act can help ground you and slow down your racing thoughts.

Self-Compassion: Treat yourself with kindness. Remind yourself that it's okay to struggle and that seeking help is a sign of strength, not weakness.

Break It Down

Large tasks or numerous responsibilities can add to feelings of being overwhelmed. Here's how to manage them:

Prioritize Tasks: Identify your most urgent and vital tasks. Focus on completing them one at a time.

Create a Plan: Break down tasks into small, manageable steps. Write them down and tackle them one by one.

Set Realistic Goals: Avoid overwhelming yourself with impossible standards. Set achievable and realistic goals, and celebrate your progress.

Take Immediate Actions

When stress levels rise, taking immediate steps can provide relief:

Reach Out: Talk to a friend, family member, or mentor about what you're going through. Sharing your concerns can lighten the load.

Limit Commitments: Consider reducing your involvement in non-essential activities or responsibilities to give yourself more breathing room.

Practice Mindfulness: Engage in mindfulness exercises such as meditation, focused breathing, or calming music.

Resources and Support

Remember, support is available when you feel overwhelmed.





New Resources & Events

To continue to raise awareness and share messages of hope and help, Wellness & Counseling Services has new

resources and upcoming events to share.

***These are the upcoming events for Fall 2024:**

Anger Management Workshop

November 12, 2024 (11 am-12 pm) Building 264

Stress Management Workshop

Dec 3, 2024 (11 am-12 pm) – Building 264

How to be best on your text Workshop Oct 15, 2024 (11 am-12 pm) Building 264

Time Management

Oct 1, 2024 (11 am-12 pm) Building 264

Red Ribbon Week MONDAY-THURSDAY

OCT 28 - 31, 2024 • 9 A.M. - 1 P.M

Kick-Off Activities on Oct 28 at 9 am.!

Wear Red Day: Show your support by wearing red on October 28th and participating in our group photo event.

Cake and delicious Punch: Enjoy tasty treats while participating in a fun and engaging event!

Walk Against Drugs: Show your support by raising awareness with us.

Pledge Signing: Make a personal commitment to live a drug-free life by signing our pledge

Groups:

Mindfulness Monday

The group meets on Monday from 12 -1 p.m. during the Fall and Spring Semesters are only when school is in session. Please note that there will be no meetings during holidays, Winter Break, and Spring

Wellness Wednesday –The group meets on Wednesday from 2p.m -4 pm. during the Fall and Spring Semesters are only when school is in session. Please note that there will be no meetings during holidays, Winter Break, and Spring Break.

Alcohol Anonymous (AA)

Every Wednesday: 12 pm-1 pm

Overeater's Anonymous (OA)

Every Thursday: 12 pm-1 pm

Outreach Table: – September 24, Nov 19, 2024 (Bldg. 224 – Anderson Campus Center, 11 am-1 pm)

Lunch & Learn December 11, 12-2 pm, Mind & Body Connection, (for Faculty & Staff Only)





MONDAY-THURSDAY

OCT 28 - 31, 2024 • 9 A.M. - 1 P.M.

Anderson Campus Center, Bldg. 224, Downstairs (1st Floor)

We're excited to announce the 2024 National Red Ribbon Campaign Theme, "Life is a Movie, Film Drug Free" created by Cheryl Holspafer, a Digital Art Teacher, and Devensh Aggarwal, a student, from Solon Middle School in Solon, Ohio. This year's theme was selected because it inspires individuals to play their part in fostering safe, healthy, and drug-free communities.

Central Texas College, Wellness and Counseling Services, is pleased to invite you to our upcoming Red Ribbon Week.

It's a week when people like you across the country promise to stay drug free and join the fight against illegal drug use by wearing red ribbons, t-shirts, stickers - anything red! Check out the fun ways that you can participate. Get your family, friends, and neighbors involved in the fight against alcohol and illegal drugs. Activities will be held in Building 224, Anderson Campus Center, 1st Floor.

Wellness and Counseling Services will answer any questions about alcohol, marijuana, prescription drug abuse, Methamphetamines, Opioids, and other illegal drugs.

KICK OFF

Monday, Oct. 28: Wear Red for Red Ribbon Week

Tuesday, Oct. 29: Twining Tuesday

Wednesday, Oct. 30: Western Wednesday

Thursday, Oct. 31: Halloween Dress-Up

For more information, contact Ms. Nadiya Filimonova,
Director, Wellness and Counseling Services, (254) 501-3096.