



THE WHALE WATCH

"Looking Out for Yourself and Others"

The Center for Student Wellness and Counseling Services would like to share an important message from the JED Foundation (a non-profit organization supporting student mental health and wellbeing) regarding recent national events.

"Protests against the confirmation of the outcome of the presidential election on January 6 gave rise to violence and disorder in the U.S. Capitol building.

We know that these events can be upsetting, frightening, and even traumatizing, especially as we continue to grapple with the effects of the global pandemic and racial injustice.

It is expected and reasonable during moments such as this to experience a range of reactions, including feeling unsettled or anxious, and everyone's response will be unique.

Now, more than ever, it is important to acknowledge the fear and discomfort that we may be feeling, and to take time to help ourselves and the people around us. While the desire to stay informed and engaged is understandable, it is also important to attend to feelings of being overwhelmed and to prioritize self-care.

We can help each other process these challenging moments in healthy ways, and remind each other that we are not alone".

Be well,

The JED Team

**The Center for Student Wellness and Counseling Services
is here for you as you return to the new semester.**

***Let us help you take a load off! We are here to support you and
help you achieve goals focused on your overall well-being***

The Center for Student Wellness and Counseling Services

330.325.6757

neomed.edu/cswc

counseling@neomed.edu

Local and National Hotlines

[Suicide Hotline Information](#)

[Suicide Prevention Resource Phone Numbers](#)

[24/7 National Crisis Lifeline 1-800-273-TALK \(8255\)](#)

[Community Crisis Resources](#)