

March 2021  
Special Issue #1



THE WHALE WATCH

*"Looking Out for Yourself and Others"*

## Nurturing a Sense of Belonging



Senseless acts of violence can foster fear and uncertainty. As a medical community that supports the healing of others, it is important we continue to nurture a sense of belonging, support, and strength in our community by showing care, concern, love and support for one another.

And with showing support to others, it is important to make self-care a priority to maintain a sense of wellbeing.

***How to Help One Another***



If you are struggling and need to work through some difficult feelings, we are here for you.

**The Center for Student Wellness and  
Counseling Services**

**330-325-6757**

**[counseling@neomed.edu](mailto:counseling@neomed.edu)**

**[neomed.edu/cswc](http://neomed.edu/cswc)**

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**Crisis Resource Information:**

**National Suicide Hotline 800.273.8255**

**Crisis Text Line 741-741**

**Coleman Professional Services 330.296.3555**