

A message from JeffHELP...

Welcome to the first installment of the JeffHELP E-Newsletter! We've developed this as a resource for all Jeffersonians to learn more about mental health, suicide prevention, our JeffHELP project, and all that is going on. We hope that you find this e-newsletter helpful, and we would love to get your feedback on this publication.

Matthew Wintersteen, PhD
Director, JeffHELP

Here's What's Happening

Become a JeffHELPer!

Who is a JeffHELPer?

Any faculty, staff, or employee who wants to be an ear for students' nonspecific academic and personal needs. JeffHELPerS simply need to be good listeners for the Jefferson community. They are *not* expected to act as a counselor or therapist nor should they act in this capacity. [Click here to find out more!](#)

Monthly Poll Question



Now that it's spring, what are you most looking forward to?

[Click here to vote!](#)

Wellness Initiative Informational Session

Tuesday April 30 12:00-1:00 PM JAH Room 207

or

Tuesday, April 30 6:00-7:00 PM Barringer Hall

Come and learn about our new Web Based, Interactive, Wellness plan, and share your thoughts and ideas!



Lunch or Dinner provided.

[Click to sign up for a group.](#)



More of What's Happening



Share Your Reasons to Live!

Write your own and read what your peers have to say. Our goal is to have 2013 Reasons by the end of the year. So click the link and share yours!

To challenge assumptions...For my pets...Life is priceless.....Take more pictures...Dance all night...

Check it out!



T-shirts and Mugs available! Proceeds go toward offering Free trainings for faculty and staff on identifying and supporting students and others in the Jeffer-

son community in crisis, as well as future JeffHELP programming. Get yours today at the Jefferson Bookstore or call 215-503-6456



Visit our [Resources page](#) for more information about campus services and support groups

Survivors of Suicide (SOS) Support Group



(for persons who have lost loved ones or important persons to suicide)

Department of Psychiatry and Human Behavior

833 Chestnut Street, 2nd floor

Suite 230, Group Room

(the building is located on 9th Street between Chestnut and Walnut across from the post office; take the elevator to the 2nd floor, turn left when you get off of the elevator, then turn right and walk down the long hall, the door is on the right)

2nd Tuesday of each month, 1:00 pm – 2:00 pm (next meeting April 9th, 2013)

2nd Friday of each month, 4:00 pm – 5:00 pm (next meeting April 12th, 2013)

Please RSVP to Ginger Biddle

(215-955-6593, Virginia.Biddle@jefferson.edu)

Be sure to include the date that you will be attending.

Food will be provided for those who respond.

Thank you.

Highlights of Upcoming Events



& Its Impact on Intimate Relationships

This workshop will show us ways to establish healthy social media habits so they do not have a negative impact on our relationships.

Monday, April 15, 2013, 4:00-5:00 PM

833 Chestnut St., Suite 210, Rm. B-01

RSVP by Friday, April 12, 2013 to

Deanna.nobleza@jefferson.edu



An Overview of the 12 Steps of Alcoholics Anonymous

The purpose of the workshop will be to impart a general understanding of, the twelve steps, the relationship to initial sobriety, the relationship to continual sobriety, the relationship to continual spiritual growth.

Monday, April 22, 2013, 4:00-5:00 PM

833 Chestnut Street, Suite 230, Group Room 2304

Take Back the Night Breaking the silence by standing against violence



Four marches will come together, uniting Philadelphia in a stand against violence: 22nd & Fairmount, 34th & Chestnut, 13th & Locust, 21st & Washington.

April 25, 2013, March starts 6:00 PM (assemble 5:45)

Rally at First Unitarian Church, 21st & Chestnut

For more info contact:

Amanda, cha0ticlove24@gmail.com or

Krystal, krystal.stober@jefferson.edu

[For more information @ JeffHELP contact](#)

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Call

5-HELP

for counseling, health care services,
and support group information
@ Jefferson



JeffHELP is funded under award 1U79SM060468 by the Substance Abuse and Mental Health Services Administration (SAMHSA). The views expressed herein do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government

Resource of the Month

Time Management During Exams



Managing your time successfully implies accomplishing what is most important for you. When you don't accomplish what you truly want, you may feel

confused, compromised, and frustrated.

Many people try to use time management techniques that work for others, only to be disappointed. Often this is because they don't also identify the goals most important to them and gear the techniques toward those goals. Effective time management must include techniques for good prioritizing.

Myths About Time Management Before exploring specific time-management techniques, consider several common myths which contribute to poor time management, especially undermining your efforts to establish and follow your priorities:

Myth: My life is completely controlled by external events.

Fact: You can have some control over many aspects of your life, but you and you alone are responsible for initiating that control. Learn to recognize what you can and can't control before making your choices.

Article courtesy of University of Illinois, Urbana-Champaign [Click to read more](#)

[See more on our Web Calendar](#)