

## HERE'S WHAT'S HAPPENING



### Shake it Off Event – A Huge Success!!

Thanks to everyone who came out and participated in the first ever JeffHELP SERV Shake it Off, Stress-free event! We had a fun, relaxing time, creating art, taking pics in the photo booth, listening to great music, eating yummy food, and sipping cozy beverages. All while getting some great giveaways!

JeffHELP SERV is a group of students trained as peer listeners. We have new members this year, so be sure to check out the website, as there are now nearly 20 students to turn to for support.

Thanks especially to Bruce & the Fender Benders, the Testostertones, and members of the Jefferson Chamber Orchestra for performing such wonderful music! Thank you to the Student Interest Group in Neurology for providing the cozy hot beverages, and to the Office of Student Life and Engagement for all of your help with providing the food!

Check out the Resource of the Month below to see how you can get involved with the JeffHELP E-Newsletter.

## Archived Articles

We have past newsletters archived on our website. Click the link to see former resource of the month articles that may be relevant to you now! For example, you may be interested in the December 2013 article written by Dr. Blue on "Coping with the Holidays", or the April 2013 article on "Time Management During Exams".

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## Upcoming Events

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### Mental Health First Aid

is an in-person training that teaches you how to help people developing a mental illness or in a crisis.

Mental Health First Aid teaches you:

- Signs of addictions and mental illnesses
- 5-step action plan to assess a situation and help
- Impact of mental and substance use disorders
- Local resources and where to turn for help

**This Session of Mental Health First Aid Training is for Jefferson Faculty and Staff Only**

**Two half day course**

**Friday, 1/16, 8am-12:30pm**

**Monday, 1/19 (MLK Day of Service), 8am-12:30pm**

**Participants must attend both training days for certification**

**Registration: \$40**

**Location: 833 Chestnut Street, Suite 210**

Space is limited. To reserve your spot or for more information, email [deanna.nobleza@jefferson.edu](mailto:deanna.nobleza@jefferson.edu)

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## App of the Month

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### WAZE (Free for both iPhone and Android devices)

Will you be driving to see friends or family any time soon? Traveling can cause stress, especially with the unknowns of traffic. Here's an app that is designed to help to inform you on real time traffic patterns, and how to plan accordingly.

Waze is the world's largest community-based traffic and navigation app. Join drivers in your area who share traffic & road info to save time, gas money, and improve daily commuting for all.

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## Monthly Poll Question

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What do you like to do when it snows? [Click here to vote!](#)

## Last Month's Poll Results

Based on last month's poll, a desire for personal growth is what most drives those who responded. Next is achievement, followed by enjoyment of work, recognition, and finally, responsibility.

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## Resource of the Month

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The JeffHELP E-Newsletter is here for YOU!

by Rose Milani, Project Coordinator, JeffHELP

Each month we compile this newsletter to reach out to the Jefferson students and employees on areas of mental and emotional health that we feel would be helpful and relevant for you as resources. This is your newsletter; a way to find out about events and programs geared towards mental wellness, a source for tips, information, and tools to meet individualized goals, a place to connect as a community to help support each other on our journeys towards health and healthcare. We really want this to be a resource that serves you. With this in mind, we invite you to be a part of this newsletter, not just by clicking the poll question (although that's fun and feel free to keep doing that!), but by contributing your own personal input! Here are some ways to be involved:

**Suggest an App of the Month or a Poll Question:** Have you been using an app on your phone or tablet that has helped with your emotional wellbeing in some way? We'd love to hear about it! You can simply suggest the app, or you can write a few sentences about why you like it. Or maybe you have a health or wellness question you'd like to ask the Jefferson community. Feel free to go to the JeffHELP [message board](#) and let us know by posting about it on the [JeffHELP user page](#), or you can email [jeffhelpinfo@jefferson.edu](mailto:jeffhelpinfo@jefferson.edu).

**Write a Resource of the Month Article:** We'd love to hear your voice, and learn of the ways you have researched topics related to mental health. Go to the [newsletter archive](#) page to see the previous articles, for suggestions. If you'd like to write a resource article, email [jeffhelpinfo@jefferson.edu](mailto:jeffhelpinfo@jefferson.edu) and let us know. We will give you FULL credit for the article!

**Give us General Feedback:** Did you know that we have a [readership survey](#)? It's a 2 minute survey that allows you to give us your opinions on the newsletter. Check it out and let us know what we can change/add/update to make this resource even better!

Thanks! We really do look forward to hearing from you.

For more information @  
[JeffHELP contact](#)  
Rose Milani



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