

Here's What's Happening



Are you looking to get involved in an organization that raises awareness about mental health on campus, then [Active Minds](#) is for you! Active Minds at Thomas Jefferson University is a club working to utilize the **student voice** to improve education, advocacy, and awareness, and serve as liaison between students and the mental health community.

Leadership Opportunity We are currently in need of one or two student leader(s) interested in leading the group. There are resources available both here at Jefferson, and through the national organization. You can make a positive impact with your peer community, and add to your CV all at the same time! If you are interested, please contact, Martha C. Romney, BSN, RN, MS, JD, MPH at martha.romney@jefferson.edu.

Monthly Poll Question



In your opinion a person with mental illness is capable of being a competent medical professional.

[Click here to vote!](#)

May is Mental Health Awareness Month. To read more about mental health stigma see the current issue of the [American Journal of Public Health](#).

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 May 14, 2013)

2nd Friday of each month, 4:00 pm – 5:00 pm
(next meeting May 10th, 2013)

Please RSVP to Virginia (Ginger) Biddle, PhD, RN, CRNP
(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.

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. JeffHELPer 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!](#)



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...Dance all night...Take more pictures...Life is priceless...

Resource of the Month



Help with Transition for Graduating Students



Graduation is the day you've been working towards your entire time at Jefferson; yet as it approaches it brings a mix of emotions, a mind full of thoughts, new decisions, and steps into the unknown.

You may need as much support and encouragement for this next leap in your journey as you did for all of the last few years of schooling combined. Here are some tips and resources to help you get the support you need.

- Take some time to enjoy your achievement. You have worked hard and it's natural to want to jump to the next thing, but give yourself some time to feel proud and excited about your success.
- Talk to someone who can listen well, and be a shoulder to lean on. Whether it's stress about finding a job, moving to a new location, or paying off debt, talking about it can help. Below are resources to help you with this as well
- Likewise, be an ear for a peer. Listening to someone else's thoughts and concerns helps you realize you are not alone, and allows you to step outside of yourself and gain perspective.

Here at Jefferson, there is support available to help you with your next steps.

- The [Student Personal Counseling Center](#) is a great resource, and as a student you receive 3 free sessions. Non-students may also be seen at the center, visit the website for information about insurance coverage. For more information or to make an appointment, call (215) 503-2817 or on campus call 5-HELP(4357)

Help with Transition continued...

- The [Career Development Center](#) assists students and alumni of JGSBS, JSHP, JSN, JSPH, and JSP; with all aspects of the job-search process. From assisting with resume/CV writing and review, cover letters, individualized job search strategies, practice interviews, job postings and employer contacts, on-campus career fairs, and resources to help evaluate & negotiate offers, our goal is to help those we serve to present their best possible professional selves as strong candidates for the jobs they pursue. We are a life-long service for alumni, so please know that we are here to help at any stage of your career path. Call 215-503-5805 to make an appointment.

[Resources and Important advice from Dayna Levy at the Career Development Center](#)

- For Jefferson Medical Students the Student Affairs Campus Career Center has innumerable resources to guide you through the multifaceted process of post graduation placement. Visit your pulse page and click on the “JMC Student Affairs and Career Counseling” link, under “Organizations”. You may also email [Dr. Pohl](#), or call the office at 215-503-6988.
- The [Financial Aide Office](#) offers loan debt counseling for all graduating students, to help you prepare for paying back loans, which options are available, and how best to devise a plan that is best suited for you based off of program of study and income. We have the presentation on our [website](#) for our [exit interview](#). Along with that service, on the same webpage, we have presentations posted there as well on Budgeting, Financial Planning, Mortgages, that students can view anytime to help guide you in the future .

We want to let the students know that they are lifetime Jefferson students, so if you ever have any issues that arise with your loans you can always reach out to us and we will help you anyway we can. We want to make sure you do not default on your loans, that there are ways to defer or forbear payments if necessary. (Courtesy of Tom Stewart, Associate Director of Financial Aid)

[Other Loan Repayment Tips and Resources](#)

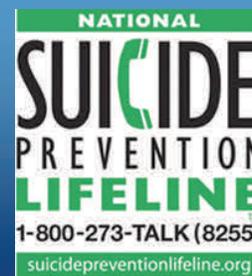
For more information @ JeffHELP contact

Rose Milani

Project Coordinator

jeffhelpinfo@jefferson.edu

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