

## HERE'S WHAT'S HAPPENING

# JeffHELP

### Peer Helper Training

Are you often the listening ear for a friend? Do you see the ways those around you are hurting and wish you could do something? Would you like to be part of a large community of students who want to help each other? Would you like to receive training to help a peer in emotional crisis?

This September we will be offering a group training. Participants will:

- ◇ Learn which questions to ask when we sense our friends are in distress.
- ◇ Know how to talk to a friend about suicide
- ◇ Become aware of resources available on campus and in the local area to help a friend in need.
- ◇ Offer input into ways we can serve the greater student body to enhance mental wellness

Interested in participating in this free training, or have any questions? Contact [Rose Milani](#) to sign up. All students welcome! More details on location and time to come in September's e-newsletter.

(Please note, if you are a Jefferson Employee and would like to be a listening ear for those around your please contact [Rose Milani](#) about the JeffHELPer program.)



## Active Minds Event

Thursday, October 3, 2013

5:00-7:00 PM

Hamilton building

All are welcome!

This is an alcohol free event.

Active Minds and the Student Personal Counseling Center will host speaker [Melissa Hopely](#), (pictured at right), from [Minding your Mind Foundation](#).



She is a young adult that has struggled with Obsessive Compulsive Disorder (OCD) for most of her adolescence. She has faced the stigma of her disorder, losing valuable time and friends along the road to acceptance and control of her obsessions. In addition, to Melissa's personal story, participants will be given insight into what they can personally do to combat this stigma

The purpose of this event is to: raise mental health awareness, help students connect with mental health services on campus and to reduce the stigma associated with mental illness.

**Stigma is shame. Shame causes silence.  
Silence hurts us all.**

# Mind-Spirit Resilience Booster Intervention Research Study

Spiritual beliefs help people “bounce back” when faced with stressors and situations in life. JeffHELP is conducting this research study about resilience for the Jefferson community. It is a video-based spiritual intervention known as the “Mind & Spirit Resilience Booster”

The purpose of the study is to determine if the booster increases resilience and protects against stressors and risk.

**The Booster:** Combines spiritual videos with rational emotive behavior therapy; Addresses situations and negative thoughts that cause painful emotion; Helps people use spiritual beliefs to think positively, cope, and feel better, is available in ecumenical/atheist/agnostic, Jewish, and Christian versions.

**Benefits of the Study:** Learn to use spiritual beliefs to think more positively and feel better; Cope more effectively and “bounce back”; Do not pay anything—the booster is free

**Risks of the study:** Thinking about unpleasant events may result in emotional pain during part of the intervention

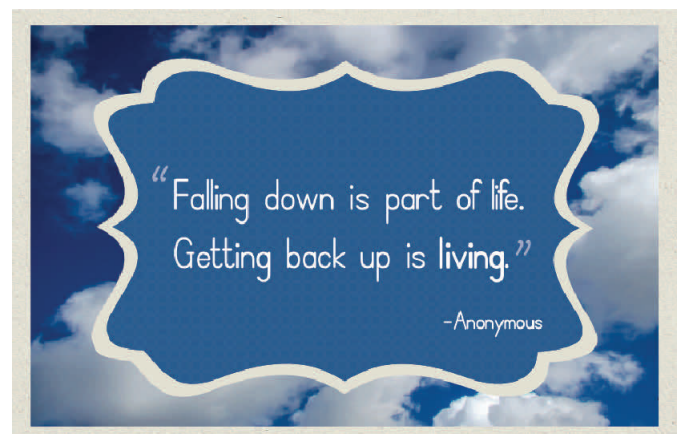
**To Be Eligible:** Must be a Jefferson employee or student; Have not experienced trauma, such as abuse, related to spiritual beliefs.

**Date and time:** Personalized based on individual schedules. Sessions last for approximately 30 minutes to one hour each. The number of sessions may vary from 3 to 12. Sessions are held once every one or two weeks in the Department of Psychiatry and Human Behavior, 833 Chestnut St., Suite 210.

Please contact [Virginia \(Ginger\) Biddle](#), PhD, RN, CRNP, JeffHELP Team, 215-955-6593.

## Lifeline E-cards

The National Suicide Prevention Lifeline is trying to make reaching out to a friend a little easier by creating [Lifeline E-Cards](#). With just a few clicks, you can send a free Lifeline E-Card for sympathy over a death of a loved one, to offer emotional support, or to simply tell someone you're thinking of them. Since finding the right words to say can be a struggle in and of itself, the Lifeline E-Cards have a variety of customizable messages. Once you click send, in addition to an uplifting card and comforting message, your friend will also receive a link to chat with a crisis counselor, along with the Lifeline's 24/7 hotline number. Send one today!





The above screen shot from our Reasons to Live page was taken to capture the moment when we reached 25%. Look what was in the viewer window at the exact moment of the shot!

Help us to **reach our goal** by [clicking here](#) visiting the site, and posting your 3 word reason! Post as many as you like!

## Monthly Poll Question



During the summer months, does your mood tend to be more positive, negative, or about the same as other months of the year? [Click here to vote!](#)



## Last Month's Poll Results

### What kinds of things do you do to relax?

- ⇒ Exercise (44%)
- ⇒ Hang out with friends or family (24%)
- ⇒ Read (20%)
- ⇒ Other (20%)
- ⇒ Nap (16%)
- ⇒ TV/Video (16%)
- ⇒ Yoga (16%)
- ⇒ Prayer/Meditation (12%)
- ⇒ Drink alcohol (12%)
- ⇒ Daydream (8%)



# RESOURCE OF THE MONTH

## Summertime and Good Mental Health

Written by Ellen Papanikolaou, LCMHC

Do the seasons really effect our Mental Health? We are always hearing about depression in winter, seasonal affective disorder, stress around the holiday so summer time should be a time for experiencing the best mental health of the year right? Well, not for everyone. Summer represents a list of things that individuals who suffer from depression and anxiety may find increasingly difficult to manage.

- ⚙ Social anxiety may make it more difficult to engage in backyard get-togethers and outings leaving a person to feel isolated and "left out of the fun". Participating may increase the anxiety, declining may result in depression.
- ⚙ Due to increased sunlight sleep patterns may suffer. Sleep is very important for good mental health when this suffers so does your overall wellbeing.
- ⚙ People become reminiscent of past summer romance, family get-togethers and youthful times causing an increase of symptoms of depression and possible isolation.
- ⚙ Heat, not everyone responds well to it and it too may cause irritability resulting in isolation as individuals rely on air conditioning and stay indoors.

These are just a few example of things to be aware of but, not to worry. Knowledge is power and the more aware you are of your own symptoms and triggers for these changes in mood and functioning, the better prepared you are to face the change in season!

There is some good new! Summer sun can also provide some much needed rejuvenation! We hear so much negativity about exposure to the sun but, with proper UVA and UVB protection did you know.....

- ⚙ Exposure to sunlight can help alleviate symptoms of PMS such as depression and moodiness.
- ⚙ Reduction in frequency of the common cold.
- ⚙ Sunlight, or simulated sunlight, helps boost the thyroid gland, which can help increase metabolism giving you more energy.
- ⚙ Helps prevent seasonal depression.
- ⚙ Increases sex drive.
- ⚙ Can reduce fatigue and stress.
- ⚙ Can help with jet lag when travelling to different time zones.

(continued on next page)



## RESOURCE OF THE MONTH (Continued from previous page)

Although there are both positive and negative effects of sunlight and summertime activities in regards to mental health, protecting yourself from damaging effects of direct sunlight is key. If you are not careful and suffer from the damaging effects of the sun your mental health will surely suffer.

So, use this time to identify what you enjoy about this time of year and what may potentially drag you down. Enjoy the fresh fruits and vegetables which may also increase energy levels, improve mood and help create mental stability. If you already know certain things about yourself such as triggers for anxiety and depressed mood seek help now. Take a proactive stand with your emotional wellbeing so you can get out there and enjoy the summer!

*The above article, written by Ellen Papanikolaou, LCMHC is from [examiner.com](http://examiner.com), and is reprinted with permission. Ellen is a Licensed Clinical Mental Health Counselor with a practice in Manchester, New Hampshire.*

For more on sunshine, mood, immunity, and more, [click here](#) to view the image below from Carrington College



For more information @ JeffHELP contact  
Rose Milani  
Project Coordinator  
[jeffhelpinfo@jefferson.edu](mailto:jeffhelpinfo@jefferson.edu)



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