

HERE'S WHAT'S HAPPENING



Would you like to meet monthly to learn more about caring for peers mental and emotional health? We are forming (and finding a name for) a peer support network for students interested in receiving additional training, insight, and guidance in helping friends and classmates. We've had two meetings, and our next meeting will be in December to gain training and supporting! Contact jeffhelpinfo@jefferson.edu with questions, or to sign up.



Love Changes History Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people ages 13-24. Check out their recently released, cleverly produced, [video shorts](#) titled, "jenny" and "Tale of Two Dads" .

Click here for more information on [The Trevor Project](#).



The next Active Minds meeting is scheduled for Monday, December 2, at 12:15 PM in College 207.

We will be discussing how to bring mental health awareness to the Jefferson community, specifically by organizing a week of stress free activities in April. We hope you can join us! If you have any questions, please contact

[Swarnalata Debbarma](#).

November Poll Results

Giving Thanks: We gave you 8 options of ways to show thanks. Here are the results from most votes to least:

1. Writing a thank you note
2. Bought a gift
3. Invited to a meal
4. Gave a homemade baked/cooked item
5. Other
6. Wrote a song/poem
7. Made a Banner

And, *surprisingly*, no one hired a sky writer...



Monthly Poll Question

What is your favorite winter holiday activity?

[Click here to vote!](#)



Survivors of Suicide 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

2nd Tuesday of each month, 1:00–2:00 pm or 2nd Friday of each month, 4:00–5:00 pm

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.



Resource of the Month

Coping with the Holidays

Written by Shawn Blue, Psy.D., Staff Psychologist, Student Personal Counseling Center, Thomas Jefferson University

Although for many the holidays can represent warm and happy memories and good interactions with family members, for others they bring up feelings of sadness, anger, guilt, ambivalence, resentment and other similar emotions. Yet another group of individuals experience mixed feelings and the holidays elicit both warm and happy feelings and also feelings of uneasiness.

For those who might be experiencing mixed feelings, it can be difficult to think about how things could be different. If you fall into this category you might find it hard to feel as if you are able to control what is happening. You also might feel as if you are not able to or do not want to feel the emotions that go along with not participating in family activities.

Below are a few things to keep in mind when considering the holidays and strategies to help you manage your mood:

- ✓ Set realistic expectations. Consider other holidays and predict how things might play out.

[Click Here to Read More](#)

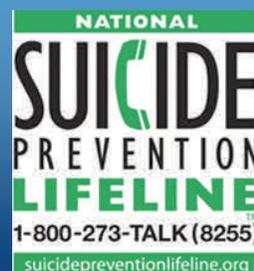
If you would like to speak to someone to receive help with dealing with stress related to the holidays, call the Student Personal Counseling Center (SPCC) at 215-503-2817.

For more information @ JeffHELP contact

Rose Milani

Project Coordinator

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