

HERE'S WHAT'S HAPPENING



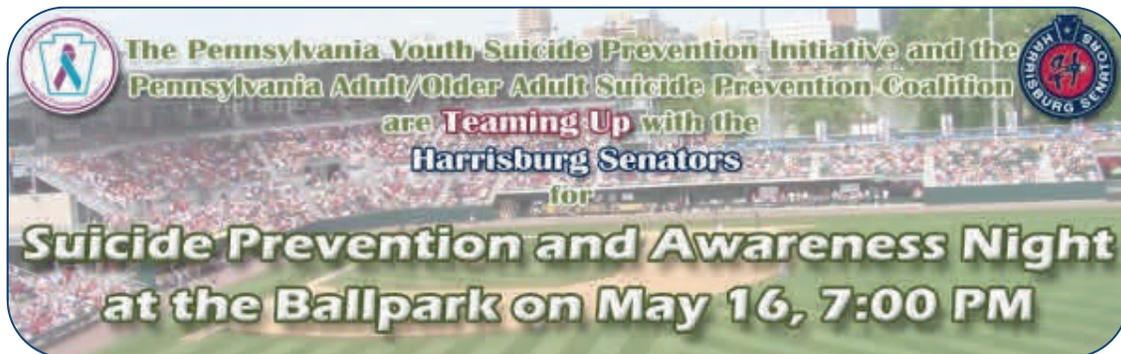
JeffHELP T-Shirt & Mug SALE!!!

Wednesday, May 7, 12:00-2:00 PM

JAH Lobby



Normally, the JeffHELP mugs are \$18.50, and the Reasons to Live T-shirts are \$15.00, but **ONE DAY ONLY**, get the JeffHELP mug for \$15 and the t-shirt for \$10. **Want an even bigger discount?** [Click here](#) and get a coupon for \$10.00 mugs (limit 2 mugs per person) and \$5.00 t-shirts. Coupon is on the side bar of the JeffHELP website, just scroll down to the bottom of the page. Either print the ad or just show on your phone or mobile device.



Friday May 16, 7:00 PM at the Harrisburg Senators game, the Pennsylvania Youth Suicide Prevention Initiative, and the Pennsylvania Adult/Older Adult Suicide Prevention Coalition are teaming up with the Senators to raise awareness for suicide prevention. Come early to see this year's 2014 PSA winning submissions displayed on the big screen! (These are the winners from the contest that we invited you to [vote](#) on last month) The winners will also be honored during the game.

You may purchase single game tickets to Suicide Prevention and Awareness Night at the Ballpark online. Enter the promo code "HOPE" to support our efforts in Pennsylvania. For each ticket sold using this promo code, \$4.00 will be donated to suicide prevention in PA. This online promo code is only good for the May 16th game. [Click here to purchase individual tickets.](#)

Announcing a NEW program for students



JeffHELP SERV is a program designed by students for students at Thomas Jefferson University. It is comprised of students who wish to be a listening ear for peers who need some additional support and would like someone to talk to about current concerns. [Click here](#) to learn more, or to schedule a meeting with a JeffHELP SERV member.

Survivors of Suicide Support Group



Survivors of Suicide Support Group

This is a Jefferson employee and student support group for the for those who have lost a loved one to suicide. The group meets on the second Friday of each month. There are two group time options; at 1:00 PM and 4:00 PM. They both meet at 833 Chestnut Street, Suite 230, group room. Please contact Virginia (Ginger) Biddle, PhD, RN, CRNP (215-955-6593, Virginia.Biddle@jefferson.edu) with questions or interest. The next meeting will be on Friday, March 14.

Monthly Poll Question

On average, how many hours of sleep do you get per night?

[Click here to vote!](#)



Last Month's Poll Results

Last month we asked "What would be your preferred vacation destination to get a break from stress?" Here are the results from most votes to least:

- Island
- Mountains
- Shore
- Cruise
- Staycation
- Theme Park
- (Desert and Other received no votes)

Resource of the Month

Did you know that May is Sleep Better Month? We have included an article below with helpful tips on how to get more zzz's. In addition, added stress, like worrying about finals or anticipation about graduation may also be on your mind, and interfering with sleep. Check out these two resources for tips on [how to stay healthy during finals](#), and [help with transition for graduating students](#).

Are You Set Up To Sleep Well?

By Josh Goldstein, [Jefferson Neurosurgery and Neurology](#).

I am constantly amazed by how important getting a good night's sleep is to how I function the next day, and for a more extended period of time beyond the next day. Sure, it seems obvious a good night's sleep is critical to how we function, but somehow I'm still surprised how my ability to perform even routine tasks has diminished the afternoon following a bad night of sleeping.

According to the National Sleep Foundation, creating a healthy sleep environment is a critical – and I suspect often overlooked – element of getting to sleep and staying asleep. Some things that can harm your sleep are noise, temperature, light and space.

The [Foundation](#) has these suggestions:

- Keep your bedroom quiet or use earplugs, or a white noise machine.
- Find the right temperature – it's better to stay on the cooler side.
- Make sure the room is dark.
- Allow plenty of room in your bed to stretch out and get comfortable.
- Choose a comfortable mattress and pillow.

Moreover, the group recommends addressing issues with your partner that can disrupt sleep, such as TV watching and snoring.

For many people, creating the right environment for sleep is all that's needed. If, however, you are one of the millions of people in this country with a sleep disorder such as insomnia, sleep apnea, narcolepsy or restless legs syndrome, the [Jefferson Sleep Disorders Center](#) can help.

The Center was established in 1978, and is the Philadelphia region's longest operating [sleep program](#). It is also accredited by the American Academy of Sleep Medicine.

The Center's staff continually interact with experts from other medical specialties including psychiatry, psychology, oral and maxillofacial surgery, otolaryngology, pediatrics, neurology, internal medicine and pulmonary medicine.

This article, written by Josh Goldstein, was originally written for @Jeff blog. The original post can be found [here](#).

For more information @ JeffHELP contact

Rose Milani

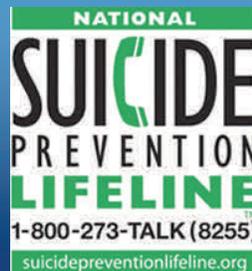
Project Coordinator

jeffhelpinfo@jefferson.edu

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