

April

Counselor Corner



Hopping into April, Javelinas!

As we move through the spring semester, April brings an opportunity to pause, reflect, and reconnect with your well-being. This month highlights important areas of mental health, including stress awareness, counseling support, and the importance of staying connected – especially for students who may feel isolated or disconnected.

Through our ongoing commitment to student well-being, we continue to create space for conversations around prevention, recovery, and inclusion. Whether you're managing stress, exploring resources, or taking time to reset, April is a reminder that support is here and you are not alone.

Connection, awareness, and self-care are essential to both academic success and overall well-being.

- Recognize and manage stress in healthy, intentional ways
- Stay connected to reduce feelings of isolation or disconnection
- Prioritize rest and consistent sleep routines
- Seek support through counseling and campus resources
- Practice daily self-care, including nutrition, hydration, and movement
- Take time to reset and check in with yourself

• *Remember TELUS Health support is available 24/7*

CONTACT US



Phone: 361-593-5080

Website: <https://www.tamuk.edu/shw>



**Tune into our podcast
Tuesdays
and Thursdays at 4:45 PM on
KTAI 91.1 FM!
- SHW Counseling Services
Staff & Interns**



TAMUK's Commitment to the JED Campus & Caring Campus Mission

Texas A&M University-Kingsville is proud to be part of the JED Campus Initiative, a nationwide movement that supports student mental health, emotional wellness, and suicide prevention.

Through this partnership, TAMUK and the JED Foundation are working to strengthen protective factors, improve access to care, and build a lasting culture of well-being on campus.

As a Caring Campus, we're putting these goals into action every day at Student Health & Wellness (SHW) Counseling Services – reaching students through connection, education, and community.

How We're Living the JED Mission:

Javelina Wellness Podcast – Real conversations about mental health, gratitude, and resilience.

Let's Talk – Free, drop-in consultations that make support easy and accessible.

Monthly SHW Newsletter – Sharing resources, awareness, and campus stories that inspire wellness.

Campus & Community Partnerships – Collaborating with departments and local organizations to promote a caring, connected Javelina Nation.

JED Campus Spotlight: PEP Talk (Peer Educator Program)

PEP Talk (Peer Educator Program) is a student-led organization dedicated to empowering peers through education, advocacy, and prevention. It works to create a campus culture that prioritizes health, safety, and personal growth by sharing accurate, relevant information on topics such as mental health, sexual health, substance use, and traffic safety.

Through positive role modeling and outreach, PEP Talk encourages healthy behaviors while also connecting students to essential campus resources like counseling, tutoring, and health services. By fostering trust, empathy, and peer support, the organization helps build a stronger, more informed, and connected student community.

@tamukpeptalk

As we move through April, PEP Talk highlights the power of peer connection in supporting well-being. When students show up for one another, it strengthens the entire campus community.

Connection and support remain at the heart of TAMUK.

SHW Resources



SHW Counseling Services – Free, confidential support for stress, relationships, academics, and more.

Disability Resource Center – Tools and accommodations to help every student succeed.

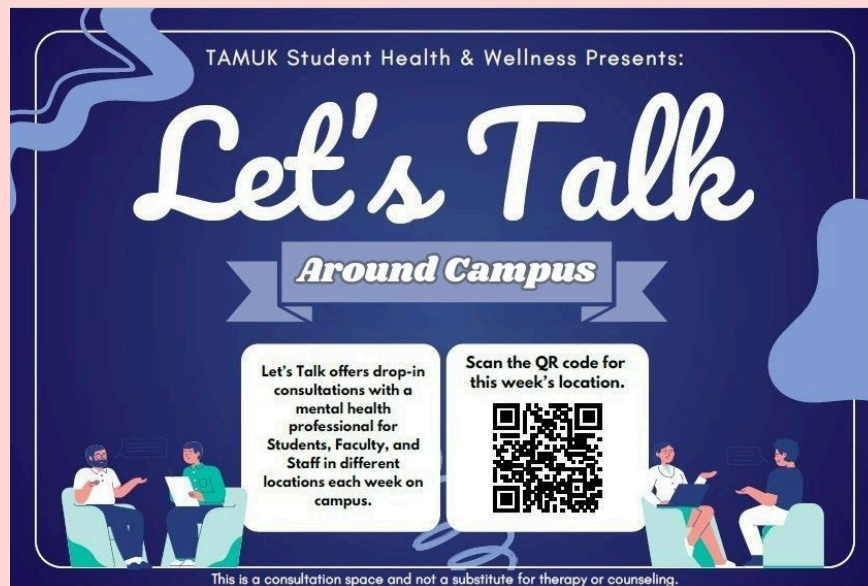
Javelina Health Clinic – Convenient on-campus care for check-ups, illnesses, and wellness needs.

Javelina Care Closet and Food Pantry – Free hygiene items, food, supplies, and more!

TELUS Student Support App - TELUS connects TAMUK students to confidential mental health support, with 24/7 access to a counselor by talk or chat. Care is available on your time, day or night. Download today!



Join us for **Wellness Wherever You Are**, a series of online presentations designed to make health and wellness education more accessible to all our campus. From mental health to nutrition and everything in between, these interactive sessions bring expert advice and practical tips straight to your screen. Whether you're looking to enhance your well-being or learn new strategies to thrive, this series has something for everyone.



“Let’s Talk” is a free, confidential, drop-in consultation service offered by Counseling Services at TAMUK. It’s open to students, staff, and faculty, providing easy access to brief support without appointments or paperwork.

What Happens:

Consultations last about 15-20 minutes and are offered on a first-come, first-served basis. A Counseling Services clinician listens to concerns, offers perspective, and provides guidance or resources. Sessions are confidential, with exceptions as required by Texas law (e.g., safety concerns).

How It Differs from Counseling:

Let’s Talk offers informal, one-time consultations. Regular counseling through Counseling Services involves ongoing sessions (45-50 minutes) and a longer-term commitment. Let’s Talk does not make you a Counseling Services client or require follow-up sessions.

Who It Helps:

Those wanting quick guidance or perspective. Individuals with a specific concern or question. People seeking help for a friend or guidance on supporting others. Faculty or staff concerned about a student.

QPR Question, Persuade, Refer. Suicide Prevention Training

Choose one of these dates

1-hour virtual workshop

SPRING 2026

JAN 20 TUESDAY 10:00 A.M.	FEB 20 FRIDAY 11:00 A.M.	MAR 18 WEDNESDAY 1:00 P.M.	APR 13 MONDAY 11:30 A.M.
JAN 29 THURSDAY 3:00 P.M.	FEB 24 TUESDAY 4:00 P.M.	MAR 27 FRIDAY 9:00 A.M.	APR 22 WEDNESDAY 4:00 P.M.
FEB 2 MONDAY 9:30 A.M.	MAR 5 THURSDAY 2:30 P.M.	MAR 31 TUESDAY 3:30 P.M.	MAY 1 FRIDAY 10:00 A.M.
FEB 11 WEDNESDAY 1:30 P.M.	MAR 9 MONDAY 10:30 A.M.	APR 9 THURSDAY 1:30 P.M.	MAY 5 TUESDAY 4:00 P.M.

Participate virtually at <https://tinyurl.com/y2dwp6cm>

JAVELINA SUPPORT NETWORK... SAVING LIVES DAILY.

For more information, call Counseling Services 361.593.5080



April & May EVENTS

- Wed. Apr. 1**
Spring Fling
Univ. Blvd. | 5 PM
- Mon. Apr. 6**
Late Night Monday
JSEC | 8 PM
- Wed. Apr. 8**
Get Yourself Tested
MSUB Pavilion
11 AM-2 PM
- Fri. Apr. 10**
CAB's Fashion Show
Jones | 7 PM
- Apr. 10-13**
E-Sports Spring Showdown
MSUB 2nd Floor
- Sat. Apr. 11**
Hogglethon
SPEC | 9 AM-2 PM
- Mon. Apr. 13**
Late Night Monday
JSEC | 8 PM
- Wed. Apr. 15**
The Power of US
Sam Fore | 4-7 PM
- Thurs. Apr. 16**
CAB's Comedy Show
MSUB Ballroom
7 PM
- IM Softball Champ Night**
Rec Sports Outdoor Complex | 6 PM
7 PM
- Mon. Apr. 20**
Late Night Monday
JSEC | 8 PM
- Tues. Apr. 21**
Earth Day Celebration
Univ. Blvd.
8 AM-12 PM
- Wed. Apr. 22**
CAB's Helping Hats
Kingsville Visitor Center | 3-5 PM
- Thurs. Apr. 23**
IM Flag Football Champ Night
Rec Sports Outdoor Complex | 6 PM
- Fri. Apr. 24**
NASK Sexual Assault and Prevention Awareness Cup
Rec Sports Outdoor Complex | 8 AM
- Sat. Apr. 25**
Miss TAMUK Scholarship Pageant
Jones | 7 PM
- Sun. Apr. 26**
TAMUK Ring Ceremony
Jones | 2 PM & 4 PM
- Mon. Apr. 27**
Karaoke Night
JSEC | 6:30 PM
- Thurs. Apr. 30**
Student Organization Leadership Awards
MSUB Ballroom | 6 PM
- Fri. May 1**
CAB's Loteria Loca
MSUB 2nd Floor | 6 PM
- Mon. May 4**
May the Force Be With You
JSEC | 8PM
- May 7 - May 8-14**
Study Day Finals
- Fri. May 15**
Commencement

STUDENT ENGAGEMENT
CampusLife

JAVELINA NATION

THANK YOU!

THANKS FOR READING! WE'LL SEE YOU IN NEXT MONTH'S COUNSELOR'S CORNER WITH MORE SHW UPDATES AND RESOURCES. UNTIL THEN, TAKE CARE OF YOURSELF AND EACH OTHER, THE JAVELINA WAY.