

March

Counselor Corner



Happy March, Javelinas – let's keep moving forward!

March brings midterms, time changes, and Spring Break – all while the semester continues moving forward. As part of our JED Campus commitment, we remain focused on strengthening connection, promoting belonging, and intentionally reaching students who may feel isolated or disconnected. Research consistently shows that connection is one of the strongest protective factors for mental health.

Rest, engagement, and balance are essential to academic success and overall well-being.

- Participate in campus activities to build connection and reduce isolation
- Protect your sleep as we “spring forward” this month
- Manage midterm stress with realistic goals and intentional study breaks
- Fuel your body with hydration and balanced nutrition
- Use Spring Break to recharge safely and intentionally
- Remember TELUS Health support is available 24/7

If you notice yourself withdrawing, feeling overwhelmed, or becoming disconnected, that is a sign to lean into support – not pull away. Prevention starts with small, intentional steps. Reach out, attend something new, or connect with Counseling Services.

We are here to support you every step of the way.



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: Campus Activities Board: Student Engagement and Campus Life (CAB) ☀

One of the strongest protective factors for mental health is connection. Through our JED Campus commitment, we are intentional about reaching students who may feel isolated or disconnected. The Campus Advisory Board (CAB) plays a vital role in creating events that bring Javelinas together and strengthen belonging across campus.

- Attend a CAB event to meet new people in a welcoming space
- Get involved to reduce feelings of isolation or disconnection
- Build community as part of your overall well-being

Campus activities provide more than entertainment – they create meaningful opportunities for connection. For students who may be feeling isolated or disconnected, attending an event can be a powerful first step toward belonging. Shared experiences help build relationships, strengthen community, and remind us that we are not navigating this semester alone.

@tamukcab @tamuksecl

As we move through March, engagement continues to be one of the most important ways we support well-being across campus. Connection, compassion, and community remain at the center of a thriving TAMUK experience.

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.

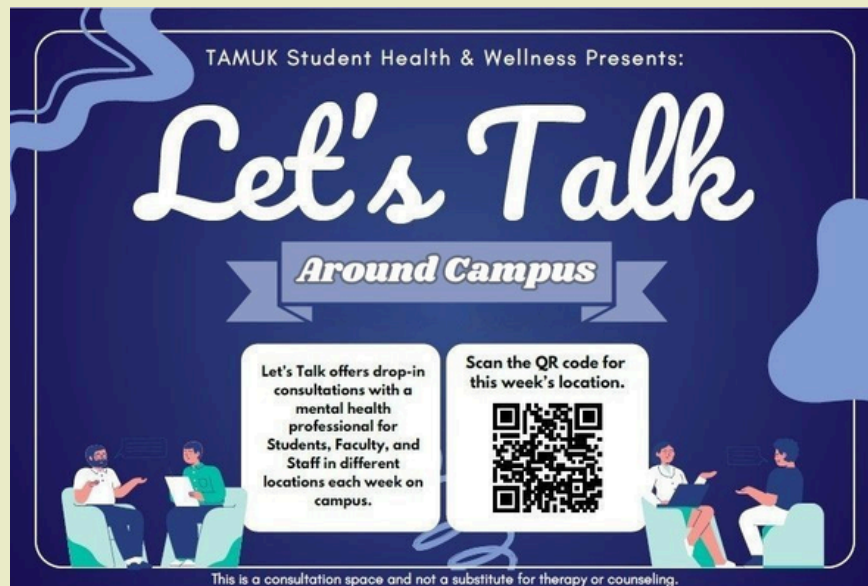
Javelina Health Clinic – Convenient on-campus care for check-ups, illnesses, and wellness needs.

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

SPRING 2026

Choose one of these dates

1-hour virtual workshop

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



March

EVENTS

Mon. March 2
College Survival Plan
Library RM 221 | 4 PM
Late Night Monday
JSEC | 8-11 PM
Tues. March 3
JLA Training
JSEC | 12-2 PM
Wed. March 4
IM Softball Informational
Bowling Alley | 6 PM
Thurs. Mar 5
IM Basketball Champ Night
Rec Center | 7 PM
Sat. March 7
Screamin' Javelina Music Festival
Javelina Stadium
2-10 PM



Mon. March 9

Blood Drive
University Blvd.
9 AM-3 PM
Late Night Monday
JSEC | 8-11 PM

Tues. March 10

CAB's Paint the Pack
University Blvd.
3:30 PM

Wed. March 11

Tropical Temptations
MSUB Pavilion
9 AM-1 PM

Coffee & Conversation
A.L. Kleberg RM 130
10 AM

IM Flag Football Informational
Bowling Alley | 6 PM

Thurs. March 12

Shelter Your Success
MSUB 219A | 1 PM

Fri. March 13
Javelina Tennis Vs. Angelo State

March 16-20

SPRING BREAK

Mon. March 23

CAB's GOAT with the Flow
JSEC | 6-8 PM
Late Night Monday
JSEC | 8 - 11PM

Tues. March 24

Spring Fling Informational
MSUB 219A | 5PM

Wed. March 25

Dress for Success
Sam Fore Hall | 3-5 PM
What Can I do with this Major?
BESC RM 100 | 2 PM

Spring Fling Informational
JDH RM 200 | 5PM

March 25-28

TAMUK Jazz Festival
Jones Auditorium
8 AM-10 PM

Thurs. March 26

Easter Bash
Engineering Complex
12-1 PM

Fri. March 27

TAMUK Beach Volleyball

Mon. March 30

Late Night Monday
JSEC | 8-11 PM

Tues. March 31

Javelina Education Career Expo
MSUB Ballrooms
1-3 PM

J'S UP!

Cyo Hoogs!



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.