

MAY



Counselor Corner

Hey Javelinas!!

As we close out the semester, we want to remind every Javelina that finishing strong does not mean finishing perfectly. This time of year can bring excitement, stress, uncertainty, pride, exhaustion, and hope all at once. Whether you are preparing for finals, taking summer courses, graduating, or simply trying to make it through the semester one step at a time, your well-being matters.

May is Mental Health Awareness Month, a reminder that mental health is just as important as physical health. Support, connection, and self-care are not signs of weakness — they are essential parts of success and growth.

Important Mental Health Awareness Dates This Month:

- May 5-11: Children's Mental Health Awareness Week
- May 15: Global Mental Health Awareness Day
- May 22: Anxiety and Depression Awareness Day

Recent data continues to show the importance of mental health support among college students:

- 76% of students report moderate to high levels of stress
- 49% report feelings of loneliness
- 47% screened positive for anxiety or depression
- Nearly 77% say mental health challenges negatively impact academic performance

- 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.

As part of our commitment to supporting student wellness, we encourage students to continue utilizing available resources, including the TELUS Health Student Support app, which provides 24/7 confidential mental health support by phone or chat.



Download the Student Support app today.



Graduating this semester?

TELUS Health Student Support remains available for up to 90 days after graduation, giving graduates continued access to support as they transition into their next chapter.

Summer can be a time for rest, reflection, healing, growth, and new beginnings. Take time to recharge, reconnect with yourself and others, and celebrate how far you've come. No matter where this season takes you, remember that asking for support is a strength, not a setback.

Congratulations to the Class of 2026, and to every student who kept showing up this semester. We are proud of you, Javelinas. ❤️🐾

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.

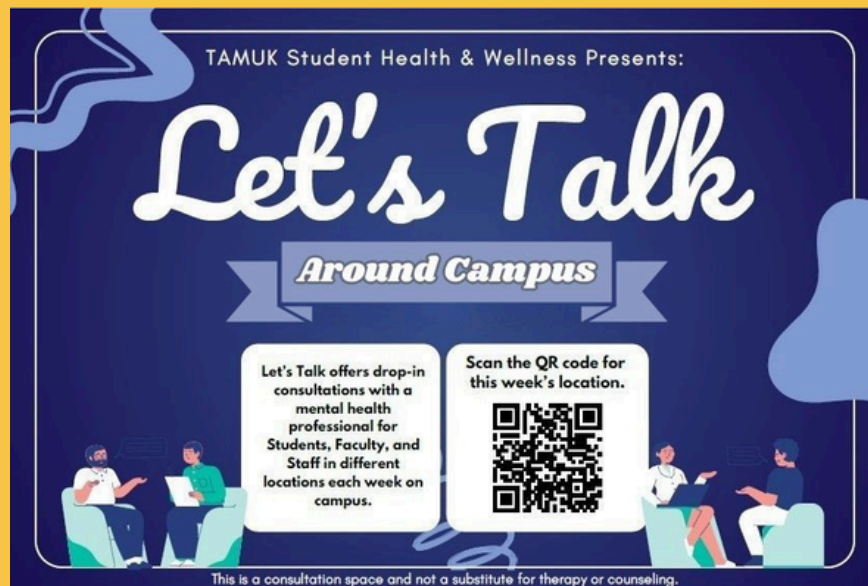
Javelina Health Clinic – Convenient on-campus care for check-ups, illnesses, and wellness needs.

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

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

EVENTS

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



THANK YOU!

THANKS FOR READING! WE'LL SEE YOU IN NEXT SEMESTER'S COUNSELOR CORNER WITH MORE SHW UPDATES AND RESOURCES.

UNTIL THEN, TAKE CARE OF YOURSELF AND EACH OTHER, THE JAVELINA WAY.