



### SHW Counseling Services

#### A Javelina Holiday Send Off

##### ***Hello Javelinas!***

December is here, and with it comes the final stretch of the semester. As you wrap up classes, prepare for exams, and look ahead to the holiday break, this month brings a mix of excitement, relief, and a few nerves. Some students are counting down the days until they can reunite with family and enjoy their favorite traditions, while others are feeling anxious about returning home or managing complicated dynamics. All of these feelings are real and completely understandable.

##### ***Home for the Holidays***

- Set gentle boundaries to protect your peace and emotional energy.
- Give yourself permission to feel everything that comes up. Joy and stress can show up at the same time.
- Hold on to small grounding habits like music, deep breathing, or stepping outside for fresh air.
- It is okay to keep certain parts of your life private. You do not have to explain every detail of your plans, goals, or relationships.

This season is about connection, rest, and finding little moments of comfort. Celebrate the parts of the holiday that feel good to you and create space for yourself where needed.

##### ***For Graduating Javelinas***

If you are completing your degree this December, we are cheering for you. Your dedication, late nights, hard work, and resilience have brought you to an incredible milestone. It is normal to feel proud one moment and unsure the next. Big transitions often come with a mix of emotions, and that is okay.

***Did you know....*** you have access to TELUS – our 24/7 Mental Health Support app – for 90 days after graduation? Scan the QR code on page 3 of this Newsletter.

Counseling Services is here for you until your final enrolled day, and we are honored to have been part of your journey.

***Congratulations to each of you stepping into your next chapter. You earned this.*** 🎓💙



### 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***



Caring Campus



TEXAS A&M  
UNIVERSITY  
KINGSVILLE®

COUNSELING SERVICES

### **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: The Javelina Care Closet and Food Pantry ☀**

This holiday season, we shine our JED Campus Spotlight on a important resource that make a real difference for students.

**The Javelina Care Closet and Food Pantry in Sam Fore Hall Room 102** provide free food, hygiene items, and essential supplies to support students throughout the year and especially during December when financial stress can increase.

These services reflect the heart of the JED Campus Initiative by meeting basic needs that help students stay grounded, focused, and emotionally supported. Having access to everyday essentials can ease worry, reduce barriers, and create a sense of stability during a time that can feel overwhelming for many.

**Contact:**  **Javelinacarecloset**

The care closet and pantry offer a warm, welcoming space where students can pick up what they need without any judgment. Each visit and donation shows just how much our Javelina community cares.

**As we head into the holidays, these resources remind us that support, compassion, and connection are at the center of a thriving campus.**

**Check out JED's Home for the Holidays selfcare tips here:**



The Jed Foundation



## 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 and supplies—no questions asked.

**Check out TELUS for Holiday Tips**



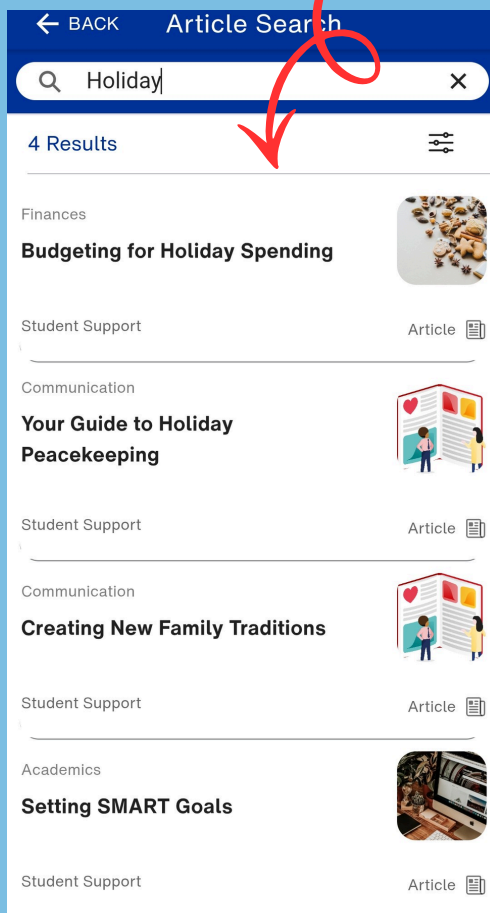
## DID YOU KNOW?



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.



Scan the QR code for this week's location.



**"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

FALL 2025

SEPT 19 FRIDAY 3 P.M.

OCT 16 THURSDAY 4 P.M.

NOV 12 WEDNESDAY 1 P.M.

SEPT 22 MONDAY 10 A.M.

OCT 24 FRIDAY 10 A.M.

NOV 20 THURSDAY 11 A.M.

SEPT 30 TUESDAY 1 P.M.

OCT 27 MONDAY 2 P.M.

NOV 26 WEDNESDAY 3:30 P.M.

OCT 8 WEDNESDAY 9 A.M.

NOV 4 TUESDAY 9 A.M.

DEC 5 FRIDAY 9 A.M.

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

**JAVELINA SUPPORT NETWORK... SAVING LIVES DAILY.**

For more information, call Counseling Services 361.593.5080



## November & December

### THURSDAY, NOVEMBER 6

Grief Journey:  
Support Systems & Memorialization  
3:30PM | Student Health & Wellness

### FRIDAY, NOVEMBER 7

CAB's Food Truck Fest  
6 - 9PM | JSEC

### SATURDAY, NOVEMBER 8

Hog Pen Tailgate  
4PM | Tailgate Area  
Javelina Football Game  
7PM | Javelina Stadium

### WEDNESDAY, NOVEMBER 12

Miss TAMUK Informational  
12 - 1PM | JSEC  
QPR Suicide Prevention Training  
1PM | <https://tinyurl.com/y2dwp6cm>  
Hats Off to CAB  
6:30 - 9PM | Hatter's Beverage Co.

### THURSDAY, NOVEMBER 13

Grief Journey: Moving Forward  
3:30PM | Student Health & Wellness

### TUESDAY, NOVEMBER 18

Javelina Engineering Open House  
9AM - 2PM | J.K. Northway Expo Center

### WEDNESDAY, NOVEMBER 19

Thanksgiving Lunch & Hand Turkeys  
with CAB  
11AM - 1PM | JSEC  
JLA Org Workshop:  
Transitioning Org Officers or E-Board  
5 - 7PM | JSEC

### NOVEMBER 18 - JANUARY 3

5<sup>th</sup> Annual Holidays at the  
Conner Museum

### THURSDAY, NOVEMBER 20

SHW Great American Smokeout  
10AM - 1PM | MSUB Pavilion  
QPR Suicide Prevention Training  
11AM | <https://tinyurl.com/y2dwp6cm>  
Grief Journey: Our Shared Journey  
3:30PM | Student Health & Wellness  
Miss TAMUK Informational  
5 - 6PM | JSEC

### MONDAY, NOVEMBER 24

Holly Jolly Holiday Bash  
8PM | JSEC

### WEDNESDAY, NOVEMBER 26

QPR Suicide Prevention Training  
11AM | <https://tinyurl.com/y2dwp6cm>

### NOVEMBER 27-28

Thanksgiving Break

### SATURDAY, NOVEMBER 29

Thanksgiving Opening  
at the Conner Museum  
10AM - 2PM

### MONDAY, DECEMBER 1

CAB's Hug in a Mug  
10AM - 1PM | MSUB Pavilion  
Campus Tree Lighting Ceremony  
5:30 PM | Javelina Statues

### FRIDAY, DECEMBER 5

QPR Suicide Prevention Training  
9AM | <https://tinyurl.com/y2dwp6cm>

### FRIDAY, DECEMBER 12

Commencement



Please have your Student ID to check in.  
Questions? Contact SECL at 361-593-2760.

THANK YOU!

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