

# February



## Counselor Corner

### Welcome Back, Javelinas!

Welcome back to campus, Javelinas! As we begin the Spring 2026 semester, this is a time of fresh starts, renewed goals, and easing back into routines. Whether you're excited, nervous, motivated, or still finding your footing, know that all of it is normal, and you don't have to do it alone. February is a great opportunity to check in with yourself, reset expectations, and focus on taking care of your well-being as the semester gains momentum. Your mental health matters just as much as your academic success.

### Starting the Semester Strong: Self-Care Tips

Taking care of yourself doesn't have to be complicated. Small, consistent habits can make a big difference.

#### Create a Routine

- Ease back into a schedule that includes sleep, meals, and downtime.
- Break assignments into manageable steps to reduce overwhelm.

#### Check In With Yourself

- Notice how you're feeling emotionally and physically.
- Be realistic with expectations. Remember: progress **not** perfection.

#### Stay Connected

- Reach out to friends, classmates, or campus organizations.
- Connection builds resilience and helps combat stress and isolation.

#### Move & Rest

- Gentle movement like walking or stretching can boost mood and focus.
- Rest is productive. Your brain needs it to function well.
- Check out the FREE fitness classes offered at the REC!



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: The Javelina Care Closet and Food Pantry ☀️**

This Month, we shine our JED Campus Spotlight on a important resource that makes 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, especially 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. Check out their Instagram page for more up to date information on deliveries and times of operation!

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

# SHW Resources



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

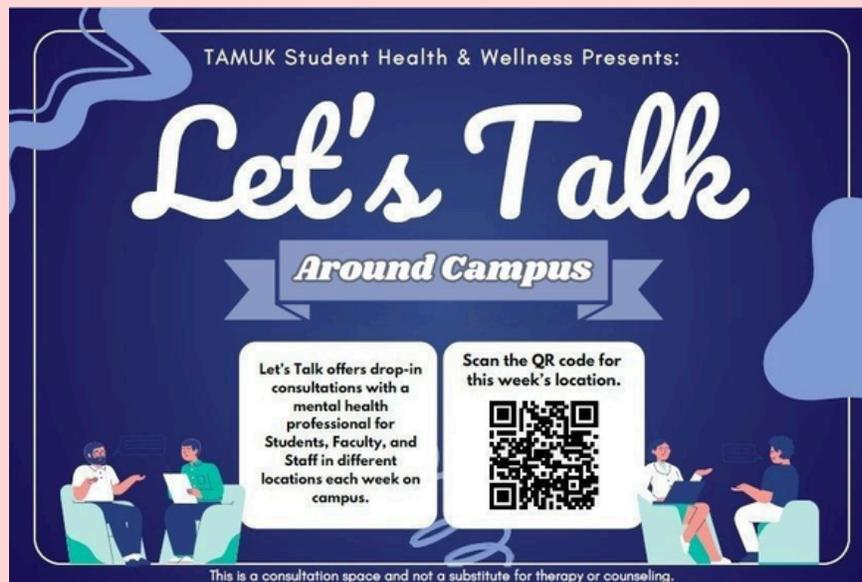
**Disability Resource Center** – Tools and accommodations to help every student succeed.

**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

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



# February EVENTS



### Mon. Feb. 2

Black History Month Kick-Off  
MSUB Pavilion  
11AM - 1PM

Late Night Monday  
JSEC | 8 - 11PM

### Tues. Feb. 3

A Curated Talk & Reception with Emily Neff, Ph.D.  
Music Building  
Performance Hall  
6PM

### Thurs. Feb. 5

Pack the House  
SPEC | 7:30PM

### Sat. Feb. 7

BHM Community Clean-Up  
Downtown Kingsville  
10AM - 1PM

### Tues. Feb. 10

BHM Rhythm & Paint  
JSEC | 6 - 8PM

### Wed. Feb. 11

Title IX & Risk Mgmt. Training  
JSEC | 9AM - 4PM  
CAB's Mocktails & Masterpieces  
JSEC | 6 - 9PM

### Thurs. Feb. 12

Student Org. Reg. Training  
JSEC | 3 - 5PM

CAB's Candygrams  
Library | 11AM - 1PM

### Fri. Feb. 13

CAB's Blooms & Cartoons  
MSUB Courtyard  
1 - 3PM

### Mon. Feb. 16

Miss TAMUK Orientation  
JSEC | 6 - 7PM

Late Night Monday  
JSEC | 8 - 11PM

### Tues. Feb. 18

JLA Training  
JSEC | 11AM - 1PM

### Fri. Feb. 20

BHM Yard Showdown  
MSUB Pavilion | 6 - 9PM

### Mon. Feb. 23

BHM Trivia Night  
JSEC | 8 - 10PM

### Tues. Feb. 24

Javelina Career Expo  
MSUB Ballrooms  
JSEC | 1 - 4PM

### Wed. Feb. 25

Miss TAMUK Speech Prep  
JSEC | 5 - 7PM

### Thurs. Feb. 26

Miss TAMUK Speech Prep  
JSEC | 5 - 7PM

CAB's Boot Scootin' Javs  
Mesquite Grove  
6 - 8:30PM

### Fri. Feb. 27

Student Org. Reg. Deadline  
TAMUK Involved  
11:59PM



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.