

September



BACK TO SCHOOL!

Kicking off the semester with Blue & Gold pride!

Welcome back, Javelinas!

The start of a new semester brings new opportunities, challenges, and adventures. Whether you're returning or joining us for the first time, we're here to support you every step of the way.

This month, we're focusing on helping Javelinas ease anxiety, adjust to campus life, and build healthy coping skills. We're also sharing important information on fentanyl prevention and suicide awareness—because your safety and wellbeing matter to us.

Anxiety & Panic Attacks: Practice slow, deep breathing and focus on your surroundings to ground yourself. Talking with a counselor or friend can help you manage symptoms.

Homesickness & Adjustment: Missing home is normal. Stay connected with loved ones, keep familiar routines, and explore new activities to feel more settled.

Coping Skills: Healthy coping skills—like journaling, exercise, or mindfulness—can reduce stress. Use them regularly, not just during tough times.



Be on the lookout for our podcast for more tips and updates!
- SHW Counseling Services Staff & Interns

Upcoming Events

National Suicide Prevention Month

Friday 9/5/25: 10 am – 1 pm

Wednesday 9/10/25: 1 pm – 3 pm

Thursday 9/18/25: 1 pm – 3 pm

Friday 9/26/25: 9 am – 11 am

MSUB in front of book store

Javelina Night Out

Thursday 9/11/25: 4 pm – 7:30 pm

Jones Auditorium

Workshops Schedule in September:

3rd Floor Jernigan Library

MORE THAN VIBES:

Cultivating meaningful connections for purposeful living.

Week 1

September 9th @ 3 PM

September 10th @ 10 AM

Understanding Relational Intelligence

Week 2

September 16th @ 3 PM

September 17th @ 10 AM

The Power of Alignment

Week 3

September 23rd @ 3 PM

September 24th @ 10 AM

Setting Boundaries With Wisdom

Contact Us

Phone: 361-593-5080

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

September is Suicide Prevention Awareness Month

At TAMUK, we believe no Javelina should struggle alone. This month reminds us that your life matters and support is always available.

- **Know the Signs:** Withdrawal, hopelessness, or sudden changes in mood or behavior may be warning signs.
- **Reach Out:** Talk to a friend, counselor, or professor if you notice someone struggling.
- **Counseling Support:** SHW Counseling offers free, confidential sessions. Call 361-593-5080 or visit our office.
- **TELUS Health Student Support:** Free 24/7 mental health support available by app or phone, in multiple languages, whenever you need it.
- **QPR Suicide Prevention Training:** Learn how to recognize warning signs, ask the right questions, and connect someone to help. (Check out the virtual sessions schedule for this month on the last page of this newsletter.)
- **Crisis Help:** Call or text 988 anytime for the Suicide & Crisis Lifeline.

Together, Javelina Nation can break the stigma, spread hope, and remind each other:
you are not alone.



Download the
Student Support
app today.

Javelina Nation Stands for Safety: Fentanyl Awareness

Fentanyl Prevention: Stay Safe, Stay Informed

- Never take pills that weren't prescribed to you. Counterfeit pills often contain fentanyl—an extremely potent opioid—and can be deadly even in tiny amounts.
- Avoid mixing substances. Combining drugs, alcohol, or medications—even unintentionally—drastically increases overdose risk.
- Carry naloxone (Narcan), and learn how to use it. Naloxone can reverse an opioid overdose when administered quickly and is widely available.
- Use fentanyl test strips if accessing substances. Though not 100% accurate, they can detect fentanyl in pills, powder, or other forms.
- Don't use alone. If you or a friend are using, make sure at least one person stays alert and has naloxone ready.
- Recognize overdose signs: Look for pinpoint pupils, limp body, blue or clammy skin, or difficulty breathing—and call 911 immediately.

WHY IT MATTERS

- Fentanyl is 50× more powerful than heroin and can be hidden in pills and other substances without any warning.
- “Rainbow fentanyl”—brightly colored and resembling candy—is being used to target young people. Just two milligrams can be fatal.
- Colleges nationwide are responding with harm-reduction tools. Some campuses offer naloxone kits, fentanyl test strips, and even vending machines stocked with prevention supplies.

What You Can Do

- Talk about it. Open, non-judgmental conversations save lives. Encourage friends to learn the risks—no fear mongering.
- Be prepared. If available on your campus, pick up naloxone or test strips. Want help locating them? We've got your back.
- Support community solutions. Consider helping with peer-led prevention efforts—it works, and we can help you get started.

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 – Free hygiene items and school supplies—no questions asked.

TELUS App - Call. Chat. Anytime. Anywhere.

DID YOU KNOW?

➔ Feeling homesick is a sign you're adjusting—most students feel more comfortable after the first few weeks.

➔ Just 5 minutes of deep breathing or mindfulness can lower anxiety, boost mood, and improve focus—anytime, anywhere.



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

Question. Persuade. Refer. | Three steps can help save lives.

Choose Life



Join us for a
SuicidePrevention Training
1hourvirtualworkshop

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



Fall 2025

CHOOSE ONE OF THESE DATES:

- | | |
|---------------|-------------------------------|
| Sep 11 | Thursday
11:00 A.M. |
| Sep 19 | FRIDAY
3:00 P.M. |
| Sep 22 | MONDAY
10:00 A.M. |
| Sep 30 | TUESDAY
1:00 P.M. |

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UNIVERSITY
KINGSVILLE®

EMERGENCY INFORMATION

- Suicide Prevention Hotline: 1.800.273.8255 • University Police Department: 361.593.2611
- Suicide Text Line: Text HOME to 741741 • Kingsville Police Department: 911 or 361.595.8
- Coastal Plains Crisis Hotline: 1.800.841.6467 • Call or Text 988: Chat via 988lifeline.org

Student Health and Wellness - Counseling Services
For more information call 361.593.5080