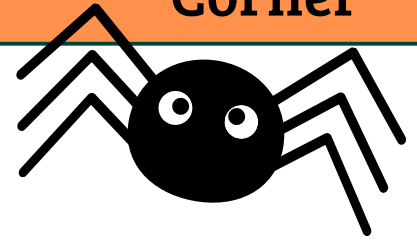


October

Counselor Corner

SHW Counseling Services



Thriving Through Midterms

Hello Javelinas!

We're halfway through the semester, and this is the time when the excitement of the first weeks can give way to stress, exams, and big responsibilities. Whether you're pushing through midterms, juggling school and life, or just trying to stay balanced, we're here to remind you—you've got this, and **you're not alone.**

This month, we're focusing on ways to help Javelinas manage stress, build resilience, and stay connected. Taking care of your mental health is just as important as doing well in class, and small steps can make a big difference.

Midterm Stress & Anxiety: Break big tasks into smaller steps, and give yourself permission to take breaks. Deep breathing and short walks can help reset your focus.

Finding Balance: Balance isn't about doing everything at once—it's about knowing your priorities and making time for rest, too. Sleep, movement, and staying hydrated all boost your focus and energy.

Resilience Skills: Keep a "toolbox" of healthy habits like journaling, exercise, or mindfulness. Using these regularly builds strength for tough times, not just when you're overwhelmed.

And remember, Javelina Nation stays strong when we look out for each other. Your safety and wellbeing matter to us—whether it's stress, substance risks, or mental health struggles, we're here to support you.



Contact Us

Phone: 361-593-5080

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

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

October is Substance Use & Misuse Prevention Month

At TAMUK, we believe no Javelina should struggle alone.

This month reminds us that your life matters and that support is always within reach.

Know the Signs: Withdrawal, hopelessness, or sudden mood/behavior changes.

Reach Out: Talk to a friend, counselor, or professor.

TELUS Health Student Support: 24/7 free help by app or phone, in multiple languages.

QPR Training: Learn to recognize warning signs & connect someone to help.

Crisis Help: Call or text 988 anytime.

Local Resources for Help

- **TAMUK Counseling Services** - Free support & prevention. Call 361-593-5080.
- **Kleberg County Addiction Hotline** - 24/7 referrals: (888) 626-0075
- **Coastal Plains Community Center** - Outpatient & recovery programs.
coastalplainsctr.org
- **Cenikor Corpus Christi** - Detox, inpatient & outpatient recovery. 361-826-5350 ext. 4
- **Be Well Texas** - Virtual statewide services: 888-85-BeWell
- **FindTreatment.gov** - National treatment locator.

✨ Together, Javelina Nation can break the stigma, prevent substance misuse, and remind each other: **You are not alone.**

Javelina Nation Stands for Safety

Opioid Overdose

Signs of an opioid overdose include:



Unresponsiveness or unconsciousness



Pinpoint pupils



Snoring or gurgling sounds coming from mouth



Blue lips or fingernails



Slowed or stopped breathing and heartbeat



Cold or clammy skin



Body is weak or limp



Vomiting

Recognize and respond to opioid overdose

It's crucial to act fast if you suspect an overdose. Here are the steps to take:

- **Check for signs of overdose:** Look for small, pinpoint pupils; slow or shallow breathing; gurgling or choking sounds; and pale or clammy skin. The person may be unconscious and unresponsive.
- **Call 911 immediately:** Explain that someone has overdosed and provide your location. Good Samaritan laws in many states protect you from being prosecuted for drug possession if you seek help during an overdose.
- **Administer naloxone:** Follow the instructions for the nasal spray or injectable kit. A dose can be given every 2 to 3 minutes if there is no response.
 - *****UPD carries Naloxone**
- **Perform rescue breathing:** Tilt the person's head back, pinch their nose, and give one breath every 5 seconds until help arrives.
- **Stay until help arrives:** Remain with the person and monitor their breathing until medical assistance arrives.
- **Place in recovery position:** If you need to leave or are waiting for help, roll the person onto their side to prevent choking.

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.



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

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.

FALL 2025

Participate virtually at <https://tinyurl.com/y2dwp6cm>
JAVELINA SUPPORT NETWORK... SAVING LIVES DAILY.
For more information, call Counseling Services 361.593.5080



Grief Support GROUP



- Date: October 23 - November 20
- Time: 3:30 - 5:00 pm
- Location: 1210 N. Retama Street
- Student Health and Welless Group Room
- Snacks Provided

A grief support group is a compassionate space where individuals who have experienced loss can come together to share their feelings, experiences, and coping strategies. These groups offer a sense of community and understanding, providing members with the opportunity to connect with others who truly empathize with their situation.

OCTOBER

WEDNESDAY, OCTOBER 1
DIY Boo Baskets with CAB
10:30am-1:30pm
3rd Floor Jernigan Library

WEDNESDAY, OCTOBER 8
Banned Book Trivia
4:30pm | 3rd Floor Jernigan Library

THURSDAY, OCTOBER 9
Stuff-a-Plush with CAB
11am-1pm | Pavilion
Volleyball, Soccer & Minor Sports IM
Informational Meeting
6-7pm | Bowling Alley

FRIDAY, OCTOBER 10
Banned Book Movie Night
7pm | Jernigan Library 306B

SATURDAY, OCTOBER 11
Downtown Clean Up
10am-1pm | Downtown Kingsville
Breast Cancer Awareness Walk/Run
8:30-11am | MSUB Courtyard
Hog Pen Tailgate
4pm | Tailgate Area
Football Game
7pm | Javelina Stadium

MONDAY, OCTOBER 13
SECL X CAB
DIY Sugar Skull & Frame Painting
6pm | JSEC

WEDNESDAY, OCTOBER 15
Loteria Night
6pm-8pm | JSEC

MONDAY, OCTOBER 20
Homecoming Parade & Kick-Off
7pm | University Blvd.
Rec Sports Movie Night: Dodgeball
9pm | STRC

TUESDAY, OCTOBER 21
SOBER Spirits
9am-1pm | Pavilion
DIY Tailgate Accessories with CAB
11am-1pm | Pavilion
Javelina Madness
6pm | SPEC

WEDNESDAY, OCTOBER 22
Fall Carnival
5-10pm | University Blvd.

THURSDAY, OCTOBER 23
Hog Call, Bonfire & Block Party
8pm | Lot K

FRIDAY, OCTOBER 24
Volleyball Game
6pm | SPEC

SATURDAY, OCTOBER 25
Hog Pen Tailgate
4pm | Tailgate Area
Homecoming Football Game
7pm | Javelina Stadium

TUESDAY, OCTOBER 28
Javelina Education Expo
1-3pm | HREC
Pumpkins and Popcorn with CAB
6-9pm | JSEC

WEDNESDAY, OCTOBER 29
Graduate & Professional School Fair
3-5pm | HREC
Trunk or Treat
6pm | University Blvd.

THURSDAY, OCTOBER 30
OkSOBERfest
5-7pm | Outside JDH
Greek Study Night
6:30pm | JSEC

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.