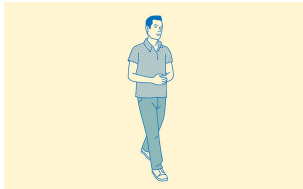


# Counseling and Wellness Center

FOR NTCC STAFF

SEPTEMBER 2023



## Walk This Way - Mindful

[www.mindful.org](http://www.mindful.org)

Try these simple set of instructions for walking meditation, and keep this chart handy for practicing on-the-go.



## FACULTY AND STAFF STUDENT REFERRAL FOR COUNSELING...

Please keep in mind mental health counseling falls under **HIPPA** rights. Counseling sessions and all information concerning the student must remain confidential and be protected when making student referrals too!

**If you have a student you want to refer to me, here is what you will do:**

1. If you have no concerns that the student is in immediate danger, send me an email (or a text with your email) and I will email you a link to complete and submit to me online.

2. If you have no concerns the student is in immediate danger, you may come to the Counseling and Wellness Center and make the referral in person, or call me.

3. If you **DO** have concerns of their immediate safety and are able to walk them to my office, please do so and send me a text that you are coming over with a student.

**OR....**

Call me (903-434-8304) or (cell 903-285-0402) and I will come to your location.

Calming music for nerves - healing music for the heart and blood vessels, relaxation, music for soul



## SEPTEMBER IS SUICIDE PREVENTION AND AWARENESS MONTH

Here is a video you may want to watch. Most times, when faced with a crisis situation and we fear a student or adult is considering suicide we get scared... not sure what to say.... don't want to say the wrong thing. According to the CDC, Suicide is the second leading cause of death in ages 10-34. Please register for the AS+K? About Suicide to Save A Life training, and learn skills to be confident in helping someone in crisis.

## ASK the Question: Kurt's True Story of Help & Hope for College Suicide Prevention



### SUICIDE RATES...

- Suicide is the second-leading cause of death for teens and young adults, ages 10-34 ([CDC, 2022](#)).
- 25.5% of adults ages 18-24 reported having seriously considered suicide in the past month. This is a higher percentage than any other adult age group ([CDC, 2020](#)).
- 18.8% of high school students reported having seriously considered suicide in the past year. This percentage is higher among females (24.1%), and lesbian, gay, or bisexual teens (46.8%) ([CDC, 2020](#)).
- 8.9% of high school students attempted suicide in the past year. This percentage is highest among females (11.0%), black teens (11.8%), and lesbian, gay, or bisexual teens (23.4%) ([CDC, 2020](#)).



# AS+K?

Ask About Suicide  
To Save a Life™



**SUICIDE  
AWARENESS WEEK  
SEP 11 - 15TH**

QR Code



## **STAFF TRAINING DATES @BT 111**

- **9/1/23 OR 9/7/23 -- 8:30 - 11AM**
- **9/14/23 -- 1:30-4PM**

TEXAS  
SUICIDE  
PREVENTION  
COLLABORATIVE™

[https://bit.ly/NTCC\\_ASK](https://bit.ly/NTCC_ASK)



## COUNSELING AND WELLNESS CENTER IS OPEN!

Here is the link to our [Counseling and Wellness Center](#)... find resources, crisis links and numbers, and students can schedule an appointment online for in-office and teletherapy session. Staff will also find a link to **submit referrals** for students who they have concerns.

[www.ntcc/mhcounseling](http://www.ntcc/mhcounseling)

HERE ARE DIRECTIONS FOR STUDENTS TO SCHEDULE  
COUNSELING





## ALLOW ME TO INTRODUCE MYSELF....

If you would like to schedule a time for me to come into your classroom and speak with your group, send me an email, text or call with a few possible dates and times that would work best for you. I would love to meet your students, introduce myself and the counseling and wellness center, or even provide a mini-training on a mental health topic if you feel that would be helpful to your students.

Cindy Stansell, [cstansell@ntcc.edu](mailto:cstansell@ntcc.edu) 903-434-8304 office, 903-285-0402 cell.

REGISTER TODAY!

# PSYCHOLOGICAL FIRST AID TRAINING

## Fall Training Dates:

8/24/23 in BT125



8/25/23 in BT125

9/22/23 in (TBA)

10/19/23 in (TBA)



8:30AM - 12:00PM



First Aid for School  
Crisis

You will receive guidance on responding to students in crisis using the PFA interventions. This training will give you practical assistance to meet immediate needs and concerns, reduce distress, and foster adaptive coping in the wake of a crisis or disaster.

**Seating is limited - Register with this link asap**

<https://bit.ly/2023PFA>



Cindy Stansell, M.Ed., LPC-S  
NTCC Counseling and Wellness Center





# How to Practice Mindfulness

- 1 Take a seat.** Find a place to sit that feels calm and quiet to you.
- 2 Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- 3 Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.
- 4 Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
- 5 Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 6 Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



By Mindful Staff



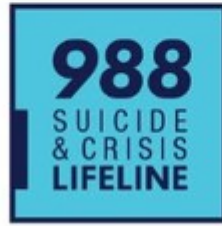
## 18 Highly Effective Stress Relie...

[www.verywellmind.com](http://www.verywellmind.com)

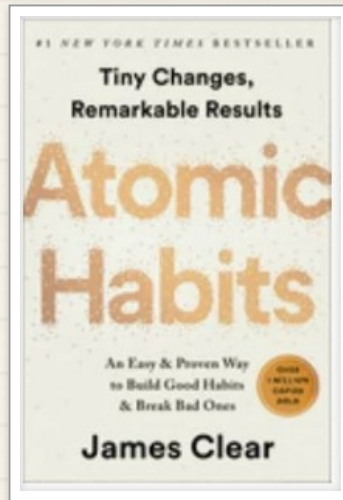
Learning effective stress relief strategies can help you get a handle on your stress. Discover how to incorporate these stress relief habits into your daily life.



# Crisis Support Lines



GOOD READ...

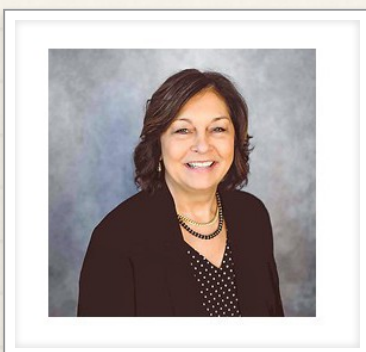


## CHECK THIS OUT...

Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you.

## COMPASSION SATISFACTION AND FATIGUE SCREENER

[Click here to check how you're doing...](#)



## CINDY STANSELL, M.ED., LPC-S

 Northeast Texas Community C...

 [cstansell@ntcc.edu](mailto:cstansell@ntcc.edu)

 903-434-8304

 [ntcc.edu/mhcounseling](http://ntcc.edu/mhcounseling)



