



SUMMER 2020

YOU MADE IT, Congratulations on making it through the semester. As summer rolls into full swing we will be continuing to offer phone consultations, medication referrals, and offering Telecounseling. If you are interested in utilizing any of these services, please call our main number 715-394-8236 or email shcs@uwsuper.edu, and one of our counselors will connect with you. Lastly, remember that during these difficult times of physical distancing, it is more important than ever to continue to connect socially with friends and loved ones by phone, Facebook, or any form of video chats. Yes, we may not be able to be there for others physically, but we can still let others know we care!

SUMMER EVENTS:

**Mindful Mondays Mondays 12-12:30pm
via Zoom**

<https://uwsuper.zoom.us/j/98427723449>

**Fac-Staff/Student/Community Yoga
Pruitt Center for Mindfulness and Well-Being**

Mondays 4-5pm

Join Zoom Meeting

<https://uwsuper.zoom.us/j/93078927063>

Thursdays 12:00-12:50pm

Join Zoom Meeting

<https://uwsuper.zoom.us/j/98968315455>

RESOURCES

Mental Health Crisis Resources

- Superior Police: 911
- UWS Campus Safety: 715-394-8114
- Douglas County 24-hour Crisis Line: 715-392-8216
- Suicide Prevention Hotline: 1-800-273-8255
- Veterans Crisis Line: 1-800-273-8255, Press 1
- Text: 838255
- Crisis Text Line: Text "MN" to 741741

IN THIS ISSUE:

Summer Vacation - 1