



THE WHALE WATCH

*"Looking Out for Yourself and Others"*

## **Whale Talk**

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## **Want to Debrief?**

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**The Center for Student Wellness and Counseling Services is offering informal, individual discussion sessions on Wednesday, November 4 11 a.m. to 2 p.m.**

To schedule your individual 15 minute time slot, email [counseling@neomed.edu](mailto:counseling@neomed.edu)

Times will be filled on a first-come, first served basis.

After you are scheduled, you will receive instructions on how to sign up and log into TAO (Therapy Assistance

**WE VOTED!  
NOW WHAT?**

Center for Student  
Wellness and Counseling  
Services

[counseling@neomed.edu](mailto:counseling@neomed.edu)

330-325-6757

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***\*Although the Whale Talk consultants are mental health professionals, these discussions do not constitute mental health treatment or form a counselor-client treatment relationship. All contacts will be referred to as a non-client consultation.***

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## ***Local and National Hotlines***

[Suicide Hotline Information](#)

[Suicide Prevention Resource Phone Numbers](#)

[24/7 National Crisis Lifeline 1-800-273-TALK \(8255\)](#)

[Community Crisis Resources](#)

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