



Words of Wellness

The Wellness Center Monthly Newsletter

Collaborating for Suicide Prevention

by Jennifer MitchellMayer, LCSW and Shanté Bassett, Psy.D., Counselors, The Wellness Center

In 2021, the Wellness Center was a proud recipient of the **SAMHSA** Campus Suicide Prevention Grant - which is a three year initiative to increase awareness of mental health and suicide awareness. Through evidence based trainings, faculty and staff will learn helpful tips and resources to respond to students in distress.

A special message for faculty and staff:

“A director I worked with many years ago, had this great quote she would always say, ‘It’s dangerous to work in isolation.’ I have thought of her words often, especially throughout the pandemic, when indeed it could feel sometimes that we were working in isolation,” Jennifer MitchellMayer, Wellness Center Counselor and SAMHSA Outreach coordinator shared when asked on the importance of collaborations within the community. “It is so important to remember that we are not in isolation and we have a team of incredible colleagues, both in LaGuardia and beyond that can partner with us, in our work to support students.”

If you have a student you are working with that you are concerned about, remember that you are not alone and you can reach out to others who know the student, including other faculty, other program staff, or external supports who may be working with the student. The Wellness Center is also here to be an ally and support you in your work with students.

Aside from counseling services and crisis support to students, we also provide consultations for faculty and staff if you would like guidance with a student you may be concerned about. If you have a student that you are concerned about, or you believe may be in distress, you can contact us at the Wellness Center anytime at [\(718\) 482-5471](tel:7184825471) or refer to our [4 step referral process](#).

A special message for students:

If you are going through a difficult time, you may feel that you are on your own, and you may feel that you are going through struggles in isolation. It is important in these moments to remind yourself that “you are not alone” and there is support around you. It might mean talking to a classmate, a trusted professor, a friend, a family member, a neighbor, a doctor, or someone else in your life that you can trust.

Here are some additional ways that you can connect when you are feeling a bit disconnected:

- Contact extended family members or loved ones that you have not spoken to in a while.



- Plan to play a team sport, no matter what your ability level is.
- Reach out to social communities you might be a part of like gaming groups and sports group.
- Take a walk, to get fresh air and interact with others

A lot of students have also found it helpful to talk to a professional counselor, and you can reach out anytime for free confidential counseling services at the Wellness Center at [\(718\) 482-5471](tel:7184825471). You can also call [1-888-NYC WELL](tel:1888NYCWELL), which is a 24/7 crisis hotline that you can call anytime day or night or weekends to speak with a crisis counselor.

You might not be having a tough time, but you notice that a friend or classmate is. Or, they might even come to you for help and guidance. In these moments, you can contact the Wellness Center and/or resources from the community including [NYC WELL](#).

In light of this month’s celebration with September as Suicide Prevention Awareness Month, the **American Foundation for Suicide Prevention’s** (AFSP) “You are not alone,” and **National Alliance on Mental Illness’** (NAMI) “Together for Mental Health,” campaigns aim to raise public awareness, encourage people to advocate for better mental health and support suicide prevention in local communities, schools and workplaces. At LaGuardia, the Wellness Center continues to offer trainings and workshops for faculty and staff as well support circles for students’ mental health.

Support on social media

Over the past decade, the [National Suicide Prevention Lifeline](#) has collaborated with social media platforms and digital communities to develop safety policies in suicide prevention on social media. If you are worried about someone on social media, Lifeline has worked with different platforms to develop supportive community tools. Their safety teams will reach out to the user and connect them with the support that they need.

If you are concerned about a friend or family member on social media, please refer to the Help Center sections for [Facebook](#), [Instagram](#), [Twitter](#), [Youtube](#) and [TikTok](#).

[Read More](#)

STAFF SPOTLIGHT: Jennifer MitchellMayer, LCSW



Jennifer MitchellMayer holds a master's degree in social work from Columbia University (2001) and a bachelor's degree in social work from The Catholic University of America in Washington DC. Jennifer brings two decades of experience as a social worker serving youth and young adults. She has worked in diverse settings including preventive services and foster care, educational youth programs and court-based settings. While serving at the NYC Department of Education, Jennifer developed and led citywide strategies for students who were

homeless and in temporary housing and created policy-level impacts for students in special populations. Jennifer brings expertise on the intersectionalities of complex trauma, homelessness and foster care. She obtained her SIFI (Seminar in Field Instruction) in 2010, served as field instructor for many MSW and BSW students, and has guest lectured at Columbia University and Hunter College. Jennifer is bilingual, fluent in Spanish and passionate about working with young people. She brings a supportive, strengths-based perspective to her work with students.

How do you make time for your own wellness and self-care?

"I find that even small breaks can be refreshing. There are often moments in our life where we are so busy, it may feel we do not have time for our own self-care, but that is when we really need it. Doing something small like taking a short walk outside, or stepping outside to get coffee, or catching up with a friend, can be a nice reset. I also love to read some of the New York Times each week- the newspaper helps me to stay connected to a bigger picture of things happening in the world."

Do you have a motto or professional mantra?

"I have always loved this quote from Mother Teresa: We can do no great things, but only small things with great love."

For the full list of the Wellness Center staff, please visit our [website](#).

For Students:

If you are new to the Wellness Center and would like to access counseling services, please complete our intake form by scanning the QR code or visiting: tinyurl.com/WellnessCenterIntake

For Faculty and Staff:

Please contact the Center via email and briefly describe your concern or visit our webpage at [Helping Students in Distress](#) webpage.



[Intake Form](#)

UPCOMING EVENTS

Existential Crisis Circle
Every Wednesday, starting
September 21 to December 7
1:00 pm - 2:00 pm
Room C-412

Intimate Partner Violence
Wednesday, October 19
3:00 pm - 4:00 pm

[RSVP here](#)

View our **Fall 2022 e-Guidebook** and **Campus Calendar** for information about events, groups and workshops.

[Learn More](#)



LaGuardia's Wellness Center
wants to hear from you!

Your feedback will help us better understand your mental health and wellness needs.

[Take Survey](#)

RESOURCES



In crisis? Text "CUNY" to 741741 to text confidentially with a trained Crisis Counselor for FREE, 24/7.



If you need to speak with someone immediately, please contact NYC WELL for services at: 1-888-NYC-WELL or 1-888- 692-9355 or text 65173.



In the event of an emergency, please call 911.