

HERE'S WHAT'S HAPPENING

Hello!

We hope you are all enjoying the summer so far. Welcome to the FIRST issue of our THIRD YEAR of presenting the Jefferson Community with the JeffHELP e-newsletter! We have some great information to share with you this month. You may notice that this month's newsletter is pared down a bit. Rest assured, we will have all of your favorite sections (App of the Month, Resource of the Month, Monthly Poll Question, Upcoming Events) in our next e-newsletter, due to come out mid-August.

-The JeffHELP Team

Energy Psychology

Energy Psychology involves stimulating several human bio-energy systems including meridians, chakras and biofields. Energy Psychology has been shown to improve multiple issues. Below are a few areas where Energy Psychology can be beneficial.



Reduce anxiety, depression, phobias, pain, trauma reactions
Overcome limiting beliefs (regarding relationships, finances, etc.)
Enhance performance (sports, school, business and the arts)
Understand illness
Enhance well-being

Want more information about Energy Psychology?

Contact Dr. Shawn Blue to schedule a meeting to obtain more information about how this intervention could be beneficial to you.

215-955-6188

Shawn.Blue@jefferson.edu

JeffHELP Wellness Site

This interactive site allows you to create your own personal wellness plan based on eight dimensions of wellness, which include; emotional, financial, social, intellectual, occupational, physical, environmental, and spiritual. Once you choose a dimension, you can pick from a list of wellness goals you'd like to set, or you can write in your own. Simply go to www.jeffhelp.org/wellness and follow the directions on the screen. Once you choose your own personal wellness goals, you will **receive local resources** to help you achieve the goals you set. Create your own wellness plan today!



Suicide Prevention Night at the Ballpark

Friday, June 26, 7:05 PM

Philadelphia Phillies

We had a GREAT time at the Phillies Game. Thanks to all those who came out to support the efforts of suicide prevention across the state of Pennsylvania! Check out these photos and consider joining us next year!



Above: One of the PSA winners with the Phanatic, just after throwing out the First Pitch!

Left: The winners of the 2015 PSA Contest for Youth Suicide Prevention

Check out the PSAs by going to <http://payspi.org/psa/2015vote/>

For more information @
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