



# Be Well Panthers

The support you need to succeed at Georgia State.



ISSUE: MAY 2021

## Dear Georgia State University Student:

We have moved our Integrated Health Services and wellness programs online. We are practicing social distancing, but we know well-being requires social connections. These opportunities are provided by our Integrated Health Team: The Counseling Center \* Nutrition Services \* Student Health Clinic \* Student Health Promotion \* Student Victim Assistance \* Recreation Services

## We have a new Name: BeWellGSU is now BeWellPanthers!

**Please find below the wellness programs and services we are offering (May 3-31st). Also, check out our BeWellPanthers YouTube Channel for videos from previous weeks.**

You can also reach out and follow us online via our social media handle, @BeWellPanthers and our hashtag #BeWellPanthers on Facebook, Instagram, and Twitter. We look forward to seeing you out in the virtual world. To stay more connected with our programs & services, we encourage you to go to <https://pin.gsu.edu/organization/bewellpanthers> and click the Join button.

## The Counseling Center

To support students, The Counseling Center (CC) is available virtually. If you have a concern about your mental health, please call 404-413-1640 to consult with a staff member or make an appointment. After hours the counselor on-call can be reached for crisis consultation by calling 404-413-1640 and following the prompts. For those students who have already come into the Counseling Center for support please check your Georgia State email for service updates and additional resources regularly.

*Wellness programs will also be taking place @BeWellPanthers on Instagram, Twitter, and Facebook along with Teams.*

### Weekly Activities:

- **Mondays @ 10am on @BeWellPanthers Instagram TV: [Peaceful Morning Meditation](#).** Join us at the start of your week with a morning meditation.
- **Mondays at 2:30 p.m. [Journal Time Live](#) happens throughout the month of May on @BeWellPanthers Instagram Live or as a post on @BeWellPanthers with a journal prompt. Follow [#JournalTimeGSU](#) for dates, times, & prompts.**





- **Tuesday: BeWellPanthers YouTube Video:** [Take Care of Yourself Tuesday](#). Learn how to use art and creativity to help you reduce stress.
  - A different video is featured each week. Such as: Learn how to make your own Mandala coloring page, Painting rocks with words of healing, or paint a rainbow.
- **Thursday: Thankful Thursday:** [@BeWellPanthers Instagram](#) post to help you use gratitude to cope with COVID-19.
- **Thursday @ 11 a.m. @BeWellPanthers Instagram live** [Walk with Wellness](#). Take a virtual walk with our graduate assistant & spend some time connecting in nature.
- **Sunday: Pounce on Joy:** [@BeWellPanthers Instagram](#) post messages of hope to inspire you.

#### All Month:

- Log onto [TogetherAll.com](#) for anonymous online peer-to-peer support that is monitored by a counselor to keep the community safe. Register using your student email.

**Gratitude Workshops:** The CC has partnered with the GSU Happi lab to provide these workshops.

Free 1 hour workshop to improve gratitude and reduce stress. May 24<sup>th</sup> 3-4 p.m. and May 28<sup>th</sup> 12- 1 p.m. Only 12 slots available sign up at link below:

Signup link

[tinyurl.com/gratitude-workshop](https://tinyurl.com/gratitude-workshop)

Any questions? Please reach out to Sarah Gazaway at [sgazaway1@student.gsu.edu](mailto:sgazaway1@student.gsu.edu)

## Student Health Promotion:

### May programming:

The HIV/STI Testing program has been suspended until fall 2021. Students can get tested at the [Student Health Clinic](#), by appointment or local community agencies. Follow #WeGotYouCoveredGSU for locations.

Programs are listed on the [BeWellPanthers Integrated Health PIN page](#).

Weekly programs on [@BeWellPanthers on Instagram](#) include:

Monday Mile #HealthyMondayGSU: Join us every Monday at 11am on BeWellPanthers Instagram Live for the Monday Mile walk - a short walk to help embrace the benefits of physical activity.

#### All Month:

- May is Mental Health Awareness Month. We will be sharing the American Foundation for Suicide Prevention #MentalHealth4All campaign to encourage everyone to get involved by taking one simple action to encourage their friends, family, and community to take their own and others' mental health seriously. Remember, your one #MentalHealth4All action



could be as simple as reaching out to someone in your life to see how they're doing; starting a conversation with someone close to you about a topic you have difficult feelings about; or letting your group of friends know you're comfortable talking to them about anything they're going through.

- Log onto [TogetherAll.com](https://togetherall.com) for online peer-to-peer support monitored by a counselor to keep the environment safe. Register using your student email.
- Check out the [BeWellPanthers YouTube channel](#) for some #WeGotYouCoveredGSU videos, a series of videos to help students understand what is in a safer sex kit, the benefits of the items in the kits, and some thoughts to dispel common myths associated with the safer sex items.
- Follow #GamePlanGSU to learn more about May's *Motorist Awareness of Motorcycles Month*. The social media for the month will focus on helping motorists to understand standard motorcycle driving behaviors and to learn how to drive safely around motorcycles on our roadways.
- [Request a safer sex kit](#). Student Health Promotion is distributing condoms and other safer sex supplies to students through mail delivery service, available to students living on campus and within the Continental United States.
- Complete an anonymous online mental health screening with MindWiseGSU to check your behaviors associated with alcohol use and receive campus resources.

## Nutrition Services

Whether you want to improve your food choices, transform your relationship with food, address specific health concerns, support general wellness, or need short-term food support, Student Nutrition Services has you covered!

We offer free virtual individual nutrition counseling and nutrition education to support your health and wellbeing. Visit [nutritionservices.gsu.edu](https://nutritionservices.gsu.edu) for more information or to schedule an appointment with one of our dietitians. Check out our outreach activities on @BeWellPanthers, @Diningsu, @sustainablegsu, @pantherspantry via Instagram, Twitter, and Facebook.

### Panther's Pantry

Georgia State University has Panther's Pantries located at Atlanta, Decatur, Dunwoody and Clarkston Campuses. Our pantry locations are operated by students, and each distribute food, hygiene, and additional products to students. Our mission is to alleviate the stress associated with short-term food insecurity and supporting the GSU community by effectively reducing hunger and improving student success.

To provide additional support to students, Panther's Pantry will be placing food bins in common areas at all GSU campuses (Alpharetta, Atlanta, Decatur, Dunwoody, Clarkston, and Newton) starting in February. [Pantry.gsu.edu](https://pantry.gsu.edu)





**BeWell Foodie Friday Live Demo:** Learn how to create a Refreshing Summer Fruit Slushy

Via Instagram Live @bewellpanthers

Recipe and IG live will be posted

Date/time- 5/14/2021 @12:00pm

**Dining Hall Live Announcement:** Join us live for information on Summer Dining Hall

Hours/Updates and Piedmont North Walkthrough

Via Instagram Live @diningGSU

Date/time- 5/12/2021 @12:00pm

## The Student Health Clinic

The Atlanta Student Health Clinic is currently open and operational to respond to the needs of students from all campuses. However, we are cancelling or rescheduling non-acute appointments for the rest of the semester such as well visits, annual exams, physicals, etc., in order to reserve our services for urgent needs, such as students who have an illness or injury, and to encourage social distancing. Please call us at 404-413-1930 to determine if you can be seen by telehealth, or if you should come into the clinic. Please visit [Coronavirus Update](#) for information on Georgia State's COVID-19 response. For students with the Student Health Insurance Plan, please visit [USG COVID-19 Student Health Resources](#) page for information on free resources available to you.

### COVID-19 Testing

Georgia State University continues to offer free saliva-based testing to all students, faculty and staff. The test is expected to return results within 72 hours, and no appointment or medical referral is required. For full information and details, visit the [testing website](#).

### COVID-19 Vaccines

Beginning March 25, 2021, all Georgia adults will be eligible for the COVID-19 vaccine. Please be aware that both COVID-19 mRNA vaccines are approved for those 18 years old or older, but only the Pfizer vaccine is approved for those 16 years old or older and this vaccine may not be available when you present for vaccination. If you are 16 years old or younger, the COVID-19 vaccines have not been approved in individuals in your age range. Visit

<https://ahead.gsu.edu/covid-19-resources/covid-19-vaccine/> for more information.

**Vaccines are FREE for GSU students** at Dahlberg Hall 66 Gilmer Street SE #50, Atlanta, GA 30303. You must have an appointment to receive a vaccine. Please go to our [patient portal](#) or call us at 404-413-1930 to schedule an appointment.





## Student Victim Assistance

We are here to help students. Student Victim Assistance offers crisis intervention, advocacy and support for students. Student Victim assistance can assist students to determine their options and provide information related to their experience, even if they have no idea what they need or what they intend to do, which is a normal response to trauma. Students who seek victim assistance services are not obligated to pursue criminal or university charges. Students who would like more information or would like to schedule an appointment to speak with Student Victim Assistance staff can call 404-413-1965. Staff also are here to help students who have experienced any type of recent or past victimization regain a sense of control over their traumatic experience, so that they may resume their academic and personal pursuits. Student Victim Assistance can help students who know someone who has been victimized or would like to learn more about student victimization.

*Outreach activities will also be taking place @BeWellPanthers on Instagram, Twitter, and Facebook along with Teams.*

Check out the [BeWellPanthers YouTube](#) for new and previous [Student Victim Assistance Coffee Chats](#) - weekly updates of resources for victims and survivors, of any type of crime, both on and off the campuses of Georgia State University. Follow [#TraumaInformed](#) GSU on Twitter, too

## Recreational Services

Visit our website (<https://recreation.gsu.edu/>) for full schedule, registration and more information. Follow @gsurecreation on social media for our daily updates, workouts, resources, and more.

**May 18**  
Circuit Training  
4-4:30 p.m.

**May 25**  
Core Conditioning  
12-12:30 p.m.

**May 29**  
POC Sweetwater Hike  
8:30- a.m.-4 p.m.

