



WELLNESS WEDNESDAY

Today's tip:

Discover a new favorite herbal tea and
create a moment of comfort!

RESOURCES & SUPPORT

Domestic Violence/LGBTQ+ Support:

Safeplace: 256-767-3076, Helpline: 256-767-6210, www.nwalsafeplace.org

One Place: 256-284-7600, www.oneplaceoftheshoals.com

North Alabama Crisis Center: 256-716-1000, www.csna.org

Equality Shoals: 256-762-9436, www.facebook.com/equalityshoals

PFLAG Florence-Shoals: 256-248-7177, www.facebook.com/pflagsupportgroup

Shoals Diversity Center: 256-284-2708, www.shoalsdiversitycenter.org

National 24/7 Hotlines:

National Suicide Prevention Lifeline: 1-800-273-8255

The Trevor Project Lifeline (LGBTQ+): 1-866-488-7386

Trans Lifeline: 1-877-565-8860

Campus Resources:

(this list is not exhaustive)

Student Counseling Services: <https://www.una.edu/counseling>

University Case Management: <https://una.edu/case/>

Feeding the Pride: Assistance with food insecurity

<https://www.una.edu/students/Food-Pantry/index.html>

Success Center: Online tutoring & advising- <https://una.edu/successcenter/>

Disability Support Services: <https://www.una.edu/disability-support/>

Mitchell-West Center for Social Inclusion: <https://www.una.edu/socialinclusion/>

Moment of Zen

“

*Wherever you
go, there you
are.*

*Jon-Kabat
Zinn*