

WELLNESS WEDNESDAY

A MONTHLY NEWSLETTER BROUGHT TO YOU BY D&E COUNSELING AND WELLNESS SERVICES

JANUARY ISSUE

2021

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PRACTICE naming it



EXPLORE the snow



CREATE with cocoa



CONNECT to advocacy

PRACTICE Stalking Prevention: Know It. Name It. Stop It.



January is National Stalking Prevention Month, an annual call to action to recognize and respond to the serious crime of stalking. Stalking is often underreported because victims don't always recognize stalking as a crime. Stalking IS a crime and when someone's behaviors towards another person are part of a course of conduct intended to cause fear, those behaviors become stalking. Please consider learning more about how to recognize and name stalking behaviors so we can connect victims with resources to help.

[Click here for information about National Stalking Prevention Month.](#)

EXPLORE the snow at Blackwater Falls State Park



Blackwater Falls State Park provides a great opportunity to view the scenic 57-foot cascade of its namesake Blackwater Falls, but did you know it also offers the longest sled run on the East Coast? The Blackwater Falls Sled Run provides more than a quarter mile of mountain snow for your sledding enjoyment. The "Magic Carpet" conveyor belt you ride to the top of the hill is also part of the fun! Tickets are valid for one two-hour session and safety briefings are offered.

[Click here for more information about the sled run.](#)

CREATE hot chocolate bombs



Who wouldn't want to end their long day of sledding with a mug of hot cocoa? Hot chocolate bombs are the new way to make hot cocoa; just add hot milk and watch it melt into a delicious winter beverage! The basic ingredients are chocolate, cocoa mix and marshmallows, but you can customize this treat to your liking.

[Click here for more information and a recipe to get you started.](#)

CONNECT with advocates at Centers Against Violence



Centers Against Violence in Elkins, WV, provides services to survivors of sexual assault, stalking and other forms of interpersonal violence. Their services are confidential and free of charge and include advocacy services to survivors, emergency shelter services, referral, information, assistance with medical needs, emergency transportation and a crisis hotline that is available 24/7.

To reach Centers Against Violence 24/7, call 304-636-8433 or 1-800-339-1185 or text 304-840-SAFE (7233).

[Click here for more information about Centers Against Violence.](#)

Counseling and Wellness Services
(o) 304-637-1363 (c) 304-621-7339
fallettam@dewv.edu

Davis & Elkins College
LEADING THE WAY

The National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255 and the National Suicide Prevention Lifeline Chat is available 24/7 at <https://suicidepreventionlifeline.org/chat/>. You can also text HOME to 741741 for the 24/7 Crisis Text Line.

The WV Emotional StrengthLine is available 24/7 by calling or texting 1-877-HELP304 (1-877-435-7304) or via online chat at <https://www.help304.com/contact>. For more information about the WV Emotional StrengthLine visit <https://www.help304.com>.