



**WEEKLY UPDATE**  
**July 12, 2021**

**SOCIAL JUSTICE SPOTLIGHT**

**July 18<sup>th</sup> is Nelson Mandela International Day!**

In 2009, the United Nations General Assembly designated July 18<sup>th</sup> as Nelson Mandela International Day. They chose this day because it was Mandela’s birthday. Born in South Africa in 1918, Mandela eventually become one of the most famous anti-apartheid activists in South Africa. He was imprisoned in 1963 for leading the liberation movement against apartheid and for his stance on the human right to live in freedom. He continued his activist work once he was released from prison and went on to become president of South Africa from 1994-1999. He is known for resolving conflicts, promoting human rights, international democracy and reconciliation, and addressing racial issues.

Source: <https://www.un.org/en/events/mandeladay/>



**TABLE OF CONTENTS**

**Page 1**.....Social Justice Spotlight

**Page 2**.....Get Support, You Matter, MSW Program Choices, Course Spotlight, Welcome New BSW Admin Assistant

**Page 3**.....Advising, Field Placements, Licensing, MSW Admissions

**Page 4**.....Virtual Events of the Week, Course Registration, Important Dates for Summer Semester, 21-Day Challenge, Graduation

**Page 5**.....Research, Funding, Stay Safe

**Page 6**..... Resources



## GET SUPPORT

### Announcement

Brooke Troutman, our UTA social work librarian, is leaving UTA to pursue another opportunity. As we await their replacement, students can reach out to [socialworklibrarians@uta.libanswers.com](mailto:socialworklibrarians@uta.libanswers.com) for assistance.

### Weekly Virtual Support Group Schedule

	MONDAY	TUESDAY
	6:30PM-7:30PM Military Women Empowerment Group	9:00AM-10:00AM Parenting During a Pandemic
WEDNESDAY	THURSDAY	FRIDAY
10:00AM-11:00AM First-Generation & International Students' Success 1:30PM-2:30PM Accommodating for Success 3:30PM-4:30PM Promoting Healthy Habits 6:30PM-7:30PM COVID and Caregivers	6:15PM-7:15PM Building Better Interpersonal Relationships	10:00AM-11:00AM Men's Virtual Room of Recovery 11:30AM-12:30PM Women's Virtual Room of Recovery 6:30PM-7:30PM Active Duty, Deployed Guard and Reserve Group

Presented by University of Texas Arlington | School of Social Work

### Virtual Support Groups

**Need support?** Attend **Maxx Hour** Wednesdays. Next Wednesday's group will be at 7pm. Email [Chantinia Chansler](mailto:Chantinia.Chansler) for the link to participate.

**Know a non-social work student who needs support? Make a referral to the weekly support groups to the left.**

**Who may participate:**  
Must be 18 years of age or older  
Individuals affiliated with UTA (students, faculty, staff, etc.)—each group has their own selection criteria (i.e. *students only*)  
At this time, **we are not serving students from the School of Social Work** to maintain HIPPA and FERPA standards. These students will be connected with resources and university personnel to best serve their needs.  
Individuals who have been referred to the SSW Virtual Clinic and reached out through the email: [SSWCOVID19HELP@uta.edu](mailto:SSWCOVID19HELP@uta.edu)



## YOU MATTER

### \*Content Warning: abuse, childhood trauma

Many of us are called to this profession because of our own experiences. We've gone through pain, and we want to prevent others from going through it, too. I'm one of the many that started this career with the same sentiment. I look back at my childhood and sometimes ask myself, where were the adults who were supposed to look out for me? At home? At school? So, believe me when I say that I still get it when I hear students repeat this reason for choosing social work. I want you to carry on that idea because you need it to change the world. But, there's always a flip side. I also want you to consider how this idea can also be dangerous to your well-being.

You're probably already familiar with the flight, fight, and freeze responses to trauma. Over the last decade, clinicians have identified a fourth response called "fawning." Fawning is a way to avoid further abuse by pro-actively trying to please the abuser. In childhood, this often looks like agreeing to appease the abuser, ignoring personal feelings, saying the "right" answer to avoid confrontation. Even in loving homes, we can see fawning behavior such as doing exceptionally well in school to protect chronically stressed parents. These behaviors in childhood become patterns we develop in adolescence and eventually carry over into adulthood.

Psychology today listed a few key signs, including:

- Difficulty identifying your feelings when you're alone
- You ignore your own beliefs, thoughts, and truths and accept those of the people around you
- You feel self-anger and guilt some or most of the time
- Saying no to those around you is a challenge
- You are overwhelmed at times but take on more if asked
- You lack boundaries and are often taken advantage of in relationships
- You are uncomfortable or threatened when asked to give an opinion

If any of this sounds familiar, you're not alone. I'm a fawner at heart. It's hard to keep this pattern in check, and I can still see it play out in my life. Every few years, I notice that I've unintentionally developed relationships with no boundaries. What does this look like? It looks like having a flat tire at 3 in the morning with nobody willing to pick me up, even if I'm willing to do the same. Or, it can be getting a big promotion at work when it's a job I don't even like with a boss that only values me when I'm working more than 40 hours a week. I create this world around me that is impossible to live in because it's impossible to make everyone around you happy.

I want to say again; it's not a bad thing to want to help people. But people-pleasing is exhausting, and it can easily lead to burning out. Think about working with Clients. Sometimes we need to confront. Sometimes we need to advocate. Sometimes we need to make our voices heard, and that can make people uncomfortable. I've heard a lot of colleagues tell me it's easier to advocate when it's not about themselves. If these skills are worth developing for our Clients, why aren't we developing them for ourselves? What makes us feel like we aren't worth it?

I hope you'll consider thinking about this more. Even if your trauma response is something different, we all need to evaluate our boundaries every once in a while. This pattern once helped you survive, but it's likely you no longer need to take this way of coping with you into the future. It's ok to thank your old self for protecting you. You can give yourself permission to try something new. One way to start is to start making lists. Take note of the people you spend most of your time with. Do you actually like those people? How are they supporting you? Look at your responsibilities. Is there a balance between responsibilities that take away your energy and activities that help you replenish? What do you need more or less of in your life to help you stay well?

*Sarah Herrera,*

LCSW | Doctoral Student | MSW

*If you like You Matter posts and want to explore them more deeply, please consider joining us for a Wounded Healers meeting. You can find us on Teams!*



## MSW PROGRAM CHOICES

### Integrative or Thesis?

Not sure which route you want to take during your MSW? Watch this [recording](#).

## COURSE SPOTLIGHT

**New Class Alert!**  
SOCW 4350:  
SPECIAL ISSUES IN  
SOCIAL WORK  
Relationship Violence & Sexual Assault  
Prevention Program: Peer Advocacy

SOCW 4350 is designed for students who are passionate about sexual and relationship violence prevention, crisis interventions, and advocacy efforts for victims and/or survivors. Students will engage in curriculum through a trauma-informed and social justice lens, while learning directly from campus and community leaders who advocate and serve survivors.

Students who pass the course will have the opportunity to interview for paid, part-time RVSP Peer Advocate positions!  
Questions? E-mail [Jessica.Sanchez@uta.edu](mailto:Jessica.Sanchez@uta.edu)



For Fall 2021 semester, SOCW 4350 will be offered in-person Thursdays from 2:00-4:50PM.

## WELCOME NEW BSW ADMIN ASSISTANT!

Our previous BSW program administrative assistant Velvet Denny has moved out of state, and we are pleased to welcome our new admin assistant, David Waters!

David will be helping with things like minor declarations, transitioning to the major, BSW orientation and more. He can be reached at [david.waters@uta.edu](mailto:david.waters@uta.edu)



## ADVISING

- Don't need a full advising appointment but have general questions? Join your advisor for their weekly Power Hour!
- **If your advisor's appointment schedule is full, please consider emailing them for email-advising, or attend their weekly Power Hour.** Please check advising appointments every Monday when new availability opens up for the coming weeks.

Keiana Tuesday 12:00-1:00 [Click here to join the meeting](#)  
 Mark Wednesday 12:00-1:00 [Click here to join the meeting](#)  
 Valerie Thursday 11:00-12:00 [Click here to join the meeting](#)

### BSW Academic Advisors:

- Last names A-C: Valerie Adame – [adamev@uta.edu](mailto:adamev@uta.edu)
- Last names D-Me: Mark Frazier – [mark.frazier@uta.edu](mailto:mark.frazier@uta.edu)
- Last names Mi-Z: Keiana Crain – [keiana.green@uta.edu](mailto:keiana.green@uta.edu)

## LICENSING

- If you're in your final semester and want to get started on applying to ASWB to take the LBSW licensing exam, [click here](#) to request the Dean's Letter for Licensure, which UTA will send to ASWB. More info can be found on [the ASWB site](#) and our [SSW licensure page](#).
- **Missed the Social Work Licensing Info Session? [Here is a link to the recording!](#)**
- Interested in the LCDC? Scroll to the end of this [Licensure](#) webpage and click on the Texas LCDC Licensing 2021 PDF for a chart that shows how different education levels can prepare you for the LCDC.

## MSW ADMISSIONS

Are you graduating this semester with a 3.0 or higher and hoping to start the MSW program this fall? We accept MSW admissions on a rolling basis. The admissions calendar can be found [here](#). If you have any questions about the process of applying to the MSW, please contact [leslie.reyna@uta.edu](mailto:leslie.reyna@uta.edu)



## FIELD PLACEMENTS

### General

- **All students, agencies, and Field Instructors should use this URL for InPlace: <https://inplace.uta.edu/>**
- The InPlace fee is \$67 per year or \$130 for a lifetime. Each student will need to plan to pay the InPlace fee on the first day of class for that semester they are starting field.
- [InPlace Training](#) and [Logbook Training](#) can be found here!
- If you are having technical difficulties with InPlace please email [sswfield@uta.edu](mailto:sswfield@uta.edu) and include a screenshot of the issue.
- [Field forms are available here!](#)
- [Field FAQ](#)
- **Contact [Sharon Martin](#), LMSW, Field Advisor, with any questions!** You can also connect with her during her Field Power Hours every 1st & 3rd Wednesday of the month from 3:00-3:30. [Click here to join the meeting](#)

### Summer

- **The reduction in Field Hours has been extended to May 31, 2022 Spring 2022 semester. Find more information regarding Summer 2021-Spring 2022 Field accommodations [here](#).**
  - Block students must complete a minimum of 408 hours for Summer 2021
  - Split students must complete a minimum of 204 hours for Summer 2021
- The Block Field 14-week Summer Session & Split Field 11-week Summer Session dates have been updated on the [Field website calendar](#)

### Fall

- **The Fall 2021 Field Application closed June 4<sup>th</sup>. No late applications will be accepted.**
- Fall Field placements are currently being assigned based on the order in which field applications were submitted. If you have a question, please contact your field advisor.

### Spring 2022

- The Spring 2022 Field Application opens Oct. 01 – Nov. 26, 2021. These dates are subject to change. See the full Fall 2021 Field Education Calendar [here](#).
- Read the Summer 2021 – Spring 2022 Field Accommodations [here](#).

## IMPORTANT DATES

### SUMMER 11 WEEKS 2021

- Jul. 22 - Last day to drop classes; submit requests to advisor prior to 4:00pm
- Aug. 12 - Last day of classes
- Aug. 16 - Final exams
- Aug. 17 - Final exams
- Aug. 18 at 7pm – SSW Commencement Ceremonies at College Park Center (on UTA campus)

## COURSE REGISTRATION

- Fall registration is open.
- Courses marked "BSW Online Students ONLY" are restricted to students in the fully online BSW program. For current BSW students, the fully online program is only available to students who live 50+ miles from the UTA campus. For questions about the BSW Online, please contact david.waters@uta.edu

### 21-Day Challenge

The [Arlington-Mansfield Area 21-Day Challenge](#) encourages daily actions to learn more about racial equity, promote unity, and combat divisiveness in our communities.



## VIRTUAL EVENTS

### Support Dreamers

Mark your calendar for a training session on supporting DACA and undocumented Mavericks so they can be successful. [Dreamers Ally Training](#) is at 2 p.m. **Wednesday, July 21**. For more information, email [dreamers@uta.edu](mailto:dreamers@uta.edu).

### Featured Webinar: "When It is Darkest: Why People Die by Suicide"

CAMS-care will sponsor a webinar presentation featuring Dr. Rory O'Connor! Rory will be talking about his new book and innovative IMV model of suicide. Join us live on **Wednesday July 14** at 12 PM Eastern time (U.S.). Register [here](#).



## SHATTER THE STIGMA

An Interprofessional Simulation with Standardized Patients

July 23, 2021 | 9:00AM—12:30PM (Virtual)

### FEATURING

Because healthcare professionals are typically the first points of contact for a person with a *substance use disorder* (SUD), we should all take the necessary steps to reduce the potential for stigma and negative bias. Take the first step in shattering the stigma of SUDs by learning and practicing the use of destigmatizing patient interviewing techniques with standardized patients.

- Lucas Hill, PharmD, BCPS, BCACP – Keynote presentation on SUDs and harm reduction strategies
- Zach Sneed, PhD, LCDC, CRC – Destigmatizing the patient interview in SUDs
- Small group interprofessional simulation with standardized patients
- Large group debrief
- Stacy Hobbs, APRN, PMHNP, BC – a personal story of recovery and hope

### REGISTER BY JULY 16, 2021



<https://tinyurl.com/ykx4vmhh>

For more information visit the Office of Interprofessional Education website at: [www.ttuhsoc.edu/interprofessional-education](http://www.ttuhsoc.edu/interprofessional-education) or contact us at [ipe@ttuhsoc.edu](mailto:ipe@ttuhsoc.edu).



### NASW's Congressional Advocacy Day

Please join us on **July 22** to advance critically important congressional legislation that will strengthen the social work profession and the clients they serve. This is a key opportunity to meet with your congressional delegation, educate them about the value of social work and social workers, and to gain their support for priority legislation. To register for the event, please click [HERE](#). Registration is \$25. Space is limited, so please register early. Participants will be able to register on a first-come, first-served basis.

## GRADUATION

### Calling ALL UTA Alumni

The Social Work Council is creating a Cap & Gown Lending Closet for future graduates at all levels.



Donate your cap & gown to The Social Work Council to help current graduates as they step across the stage. If you need a gown please contact us!

For more info contact The SWC [utasocialworkcouncil@gmail.com](mailto:utasocialworkcouncil@gmail.com)



### IPE Distinction Certificate

Interprofessional education (IPE) is "when students from two or more professions learn about, from and with each other" (WHO, 2010).

Have you participated in IPE activities while attending UTA?

Want to be recognized for your hard work?

Apply for an **IPE Distinction Certificate!**

#### REQUIREMENTS:

- MUST HAVE COMPLETED AT LEAST TWO IPE ACTIVITIES WHILE ATTENDING UTA
- MUST BE ABLE TO DISCUSS THE IPE ACTIVITIES IN WHICH YOU PARTICIPATED
- SUBMIT A COPY OF YOUR RESUME THAT INCLUDES THE IPE ACTIVITIES
- SUBMIT AN EXAMPLE COVER LETTER EXPLAINING HOW IPE HAS HELPED YOU TO PREPARE FOR A JOB

To fill out an application **CLICK HERE!**

**APPLICATIONS ARE DUE: July 16th, 2021**

Questions?  
Contact: Professor Tracy Orwig  
[tracy.orwig@uta.edu](mailto:tracy.orwig@uta.edu)



- The deadline to apply to graduate passed on July 1. To apply late, contact your advisor ASAP.
- There is an additional \$60 late application fee.
- SSW [commencement ceremony](#) tentatively scheduled for **August 18 at 7pm at College Park Center**
- The Virtual Ceremony is to be held on Saturday, August 21, 2021.
- Guest ticket info: Click [here](#)
- **Are you an NASW student member graduating in August? Be sure to request your graduation cord before Friday, July 16.** Not a member yet? You can join NASW before you graduate for only \$60 and receive a discount on your membership dues for the next two years if you retain active membership. Click [here](#) for more information.



## RESEARCH

[Student Research Opportunity Center](#)

[Social Work Course Guides](#)

RESEARCH TUTORING CENTER

### DROP-IN SOCIAL WORK RESEARCH ASSISTANCE

Calling all students enrolled in research courses! Are you struggling with your research class? Tutors are here to help! Log in through Microsoft Teams to receive assistance.



JOIN IN TUESDAYS FROM 12-2PM. LOG IN HERE

Unable to drop by during the designated time? No problem! Submit your questions here.



## STAY SAFE

### Expanded COVID-19 vaccine opportunities to include on-campus availability

UTA has established a partnership with OptumServe to provide all interested employees and **students access to COVID-19 vaccines at a convenient on-campus location and free of charge.** UTA students and employees are strongly encouraged to participate in COVID-19 vaccinations if they are able. Please visit the UTA [COVID-19 Vaccination Information and Resources](#) page to access registration links and instructions for both vaccine opportunities.

### FACE MASK POLICY

UTA no longer mandates the wearing of masks on campus but continues to strongly encourage and recommend that Mavericks wear masks, particularly when inside campus buildings.

For the latest updates on UTA's response and guidelines for COVID-19, please visit the [Coronavirus Information Page.](#)"



## FUNDING

### BE A PART OF OUR TEAM! NOW HIRING VA WORK STUDY STUDENTS

Gain professional experience and serve your fellow military-connected students by working with the Military and Veteran Services Education Benefits Certification Team:

- Processing VA Education Benefits
- Hazelwood Exemption Benefits
- Welcoming/assisting visitors
- Answering questions over the phone
- Other projects as needed

Click Here for application send completed application to [va@uta.edu](mailto:va@uta.edu) student must be currently using federal VA Education Benefit and enrolled at least 3/4 time



## KNOW YOUR STATUS

No cost & confidential HIV testing

CALL OR TEXT TO SETUP AN APPOINTMENT!

PHONE: 682-478-6965  
EMAIL: TYLERB@MHMRTC.ORG

Dean Ryan's [Statement on COVID-19 Health Disparities](#)



If you believe you have contracted COVID19, please type in 'COVID-19 Testing' and your zip code into the Texas Health and Human Services to [find a testing location closest to you](#)

Have you tested positive? Had close contact with someone with Covid?

1. Complete [mandatory reporting form](#)
2. If needed, you can:



- Ask professors for deadline leniency
- Contact your [USL](#), Program Director and/or Academic Advisor for additional support and guidance.



Congresswoman Beth Van Dyne invites you to the

## NORTH TEXAS JOB FAIR

July 15 | 1pm - 6pm  
Irving Convention Center  
[MyNTXJob.com](http://MyNTXJob.com)

### PARTICIPATING BUSINESSES

Abba Staffing ABM Abe's Bar Amazon Amazon Web Services (AWS) American Airlines Antonio's African Cuisine Arroyo Babe's Chicken Bell Helicopter Ben E. Keith Company Billings Company Billingsville Company Camelton Police Department Camelton Farmers Branch ISD Central Market Chickadee Hill Chick-Fil-A Christian Brothers Automotive City of Colleyville City of Dallas Department of Houston Lowe Field City of Ft. Worth City of the Colony Coca-Cola Southwest Beverages Dogland Colleyville Police Department	Comfort Suites Commercial Metals Company Copart Datta Datto Datta Video Dental Directions DFW Airport Dixie's BBQ Envy Air Fast Signs Field Stone BBQ Five Star Subaru of Grapevine Fast Work ISD Freese and Nichols, Inc. Frito Lay Fusion Academy Gallagher Gina Godsey Real Estate Gibson's East Dallas Goodhead Insurance Greystone Colleyville ISD Hansome School HEBISD Home Care Assistance Hire Hero Hourly Recruiting Specialist Inspirad Inspired Vision Fashion	Irving Fire Department Jason Tolley Agency LLC J&J Development Judy Pie JW Construction Karrin AI CPA Kassi Khouf (Sushi & Bar) King's Super Kroger Lone Star Park LSD Sky Chafe M&K Ice Man Mary Kay Message Emry Mathnasium McClusters McKesson ModuleDesignPlus Murray's Super More Solutions My Health My Resources-of Tarrant County NAPA Auto Parts NED Interiors Northwest ISD Oak Street Food & Brew Peak Auto Group Prospect Air Ridgeway Walmart Global Tech West Architecture PLLC Wesson Insurance	QuickTrip RaceTrac Rally House RBF Credit Union RedPage Republic Services Right at Home Sola Lease SoborimaHitting St. Stephen's Basil Smoothie King Starbucks Texas Association of Sports Officials Texas Rangers Baseball Club TLE Chicago Tom Thumb Troy's TSA TUDOT TXN Logistics U.S. District Court Northern District of Texas Ultron Unique Landscaping Vitra Corp Vintecore
---	---	--	--

## Scholarships

Fall scholarships closed on July 9th. Visit the [ScholarShop](#) to search scholarships you might qualify for.

## MANAGING STRESS AND ANXIETY DURING COVID-19 UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

THERAPIST ASSISTED ONLINE (TAO)

Visit [TAOconnect.org](http://TAOconnect.org)



THRIVE APP



Download "Thrive at UT" on App Store or Google Play

MAVS TALK 24HR CRISIS LINE

Call (817)272-8255



Visit [uta.edu/caps](http://uta.edu/caps) for more information

UTA is a COMMUNITY THAT CARES



## [UTA Academic Calendar](#)

## [Evidence-Based Practice Research Guide](#)



Check Canvas for the MavsUnite Page! To add please e-mail: [Chantinia Chansler](mailto:Chantinia.Chansler)

## [SAR Center](#)

(Formerly Office of Students with Disabilities)

**BOYS & GIRLS CLUBS OF TARRANT COUNTY**  
MEAL DISTRIBUTION

Boys & Girls Clubs of Greater Tarrant County will be distributing meals, food and snacks. Outside meal distribution will occur Monday - Friday 4:00-5:30pm

**Distribution Locations**

<b>Eastside Branch</b> 4851 Ramley Ave Fort Worth, TX 76105	<b>Main Branch</b> 800 North Elm St. Arlington, TX 76011	<b>Parthen Branch</b> 1500 Hemphill Fort Worth, TX 76104
<b>Marlin Branch</b> 5123 Avenue G Fort Worth, TX 76105	<b>NFW Branch</b> 2000 Ellis Ave Fort Worth, TX 76104	

**All Are Welcome!**  
Meals available to any child ages 18 years or younger (maximum of 100 per day).  
Meals will be distributed as long as food supplies last.  
Each table will have individually packaged meals and snacks available to the organization.  
Weekly advance planning resources provided with each meal.

**Contact Us!**  
For more information or questions contact:  
Lafayette Meyer  
LMeyer@bgc.org

**First Come, First Served!**

THE UNIVERSITY OF TEXAS AT ARLINGTON  
COUNSELING & PSYCHOLOGICAL SERVICES

## MAVS talk

24 HOUR CRISIS LINE

817-272-TALK (8255)  
WWW.UTA.EDU/CAPS  
303 RANSOM HALL

[UTA Library Accessibility](#)

[On-Demand & Live Fitness Classes](#)

Texas Health and Human Services  
**COVID-19 Mental Health Support Line**

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, **help is available.**

Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

Call the toll-free COVID-19 Mental Health Support Line at **833-986-1919.**

TEXAS Health and Human Services

**DREAMERS WELCOME**

In Crisis?  
Text HELLO to 741741

CRISIS TEXT LINE | Free, 24/7, Confidential

### Webinar Library

Isabella Hong, an MSW Alum, graciously compiled a list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance. Special thanks to Jose B. Yerena, LCPAA, who has taken over updating the list on a weekly basis! **Please note that it is necessary to ask your supervisor permission for these to count towards any required field hours.**

[MSW Specialties](#)

[Social Work Webinars List](#)

[Basic Function of Teams](#)

### Rental Assistance Program



The [Tarrant County Rental Assistance Program](#) assists residents who have been impacted by the COVID-19 pandemic. For more details, email [renthelp@tarrantcounty.com](mailto:renthelp@tarrantcounty.com) or call [817-850-7940](tel:817-850-7940).

### Emergency Assistance Fund

UTA students with a temporary financial hardship resulting from a sudden emergency [may apply for financial help.](#)

[Get Microsoft 365, The Wall Street Journal and Other Apps FREE with your student email!](#)

How to gain access to SSW writing resources: [Advising & Student Success Canvas](#)

### UTA/Tri-C Food Pantry Distributions

Currently distributing groceries on Thursdays only, from 9-11:45 a.m. and 2-4:45 p.m. To receive these grocery bags you must send an email to [utafoodpantry@gmail.com](mailto:utafoodpantry@gmail.com) to request a pickup time. Include student name, last four digits of UTA ID, requested grocery pickup time, choice of vegetarian, chicken, or any meat groceries.

The Lifeline is **FREE**, confidential, and always available.

**HELP** a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

NATIONAL SUICIDE PREVENTION LIFELINE  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Learn the Warning Signs.

Printed 2020 - Reprinted 2011  
CMHS-09-0129

If you have any questions or content suggestion for the newsletter, please contact Meghan Sheridan: [mls9929@mavs.uta.edu](mailto:mls9929@mavs.uta.edu)



**SCHOOL OF SOCIAL WORK**

211 S. Cooper Street, Arlington TX 76019  
Social Work Program  
(817) 272-3613

FOLLOW US ON SOCIAL MEDIA



*"Do not judge me by my successes, judge me by how many times I fell down and got back up again."*

- Nelson Mandela