FINALS WEEK HOURS:
Sun (May 2) : 3 pm - Midnight
Mon-Thurs : 7:30 am - Midnight
Fri (May 7) : 7:30 am - 5 pm

CLOSED:
Sat, May 8 & Sun, May 9

SUMMER HOURS:
Starting May 10
Mon-Fri: 8 am - 4 pm

CONTACT US:
library@wesley.edu
(302) 736-2413

The only thing that you absolutely have to know, is the location of the library.

-Albert Einstein
MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month

Positive Post-Its!

Look for bulletin boards and Post-Its in dorms where you can post positive acknowledgment, appreciation, or a quote for each other. Please help fill up the bulletin boards with positive mental health encouragement!

Watch for e-mails from the Counseling Center throughout Finals Week. If you need to reach out, e-mail melanie.grimes@wesley.edu or call 302.736.2445.

Write it Out! Advice from SSR’s McDermott & Dr. A.:

One way to channel your emotions into a good deed, or pay-it-forward situation, would be to write notes or letters to the faculty and staff who have made a positive impact on your Wesley experience. These letters can be used by the faculty and staff as they search/apply for new employment opportunities. And on the other hand, ask those faculty, staff, and coaches who have made a positive impact on YOUR Wesley experience to write you any recommendation or support letters as needed.

The SSR team is here to support you during our final weeks! If you need help of ANY kind, please feel free to reach out to SSR (ssr@wesley.edu) and they will connect you with the appropriate resources.
MENTAL HEALTH AWARENESS MONTH

Explore Books on Grief and Healing

Browse these sections at Parker Library or in your local public library:

- 152.4 - Emotional health
- 155.9 - Processing grief
- 158.1 - Managing stress
- 362.2 - Social/community wellness
- 616.85 - Treating depression

Many of these titles are available as e-books on OverDrive or Hoopla.

E-mail library@wesley.edu for assistance setting up your free account to access these and many other titles.

Mental Health Resources

Searching for personal and confidential help? Find providers in Delaware, with or without insurance.

treatmentconnection.com
helpisherede.com
SUMMER LIBRARY FAQs:

When do my library books need to be turned in?
ALL due dates are no later than May 31 (Memorial Day). Please turn them in before that date to avoid having charges added to your Wesley account.

Will the library be open for summer classes?
The library will have summer hours from May 10 - June 25:
**Monday - Friday, 8am - 4pm.**
Databases and e-books are available on or off-campus.
Visit Wesley.edu/library for access and instructions.

How can I get in touch?
Call us at (302) 736-2413 or e-mail library@wesley.edu

“How lucky I am to have something that makes saying goodbye so hard.”
–from ‘Winnie-the-Pooh’

Author: A.A. Milne
Illustrator: E.H. Shepard