



let's talk
about it

To Houston's Jewish College Students!
TOUCHING THE HEART

Generously underwritten by



We know you are heading to college and we want to be your partner in settling into your new life.

We want to connect with you every once in awhile by text and send you messages just to say hello. We also want to help you keep your wellness as the highest priority so we will send tips for stress reduction and resilience. We all need more resilience and connections!

JFS is asking you to join our Touching the Heart program by giving us your first name and phone number to add to our database. We will send occasional text messages with tips and just to say hello and see how you are doing.

With this in mind, would you share your first name and text/phone number.

Your First Name _____

Cell Number _____

Your College or University _____

Touching the Heart text messages will come from the following number: **832-990-7880**



Jewish Family Service

For questions and counseling support, please contact:

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www.mentalhealthletstalk.org