

A COVID-19-Related Message to the Community from the Center for Counseling and Psychological Services (C-CAPS)

We are all now facing the unprecedented challenges of the COVID-19 global health crisis. As campus mental health care providers, we know that sustaining your mental health and well-being in the face of possible risks to physical health (of yourself, close-others, and the larger community), adapting to changes in the manner of learning and possibly adapting to a change in living circumstances requires intentional/strategic coping. Accordingly, we are sharing the following resources which includes information, coping tips, and resources from the field.

Individuals vary in what they may find helpful, so we encourage you to be flexible and try many things included here, determine what you find personally helpful, and incorporate it into regular wellness practices for this trying time. Many of these resources have been generously made accessible by our colleagues at other institutions. Others have come from psychological and mental health organizations that are providing their resources free of charge to facilitate healthy coping during this unprecedented time. We ask that in keeping with this tradition of community care and communal coping, you share this with your fellow community members, friends, and family as they may be helpful.

Please remember that we are in this together. We care about your wellbeing and we will make it through this by supporting ourselves and each other.

Take care, stay safe and be well,

Your C-CAPS Staff