**Mental Health & Support Resources for Students during COVID-19**

FSU is here to help you manage your fears, cope with stress in healthy ways, and provide support to help ensure that our entire community gets through this crisis together. Remember, FSU administrators and state and local leaders are working hard to keep everyone safe. Here are some services you might need now or in the near future to stay informed, cope, and move forward.

**University Health Services (HWS & CHAW)**

Update as of 3/19…

* Psychiatrist are seeing patients who had a meeting set for this week.
* If students need refills on a medication that was prescribed at HWC, they are advised to call 850–644–6230 and ask for a medication refill.
* They should also be able to do this through their patient portal.
* If a student is looking to start psychiatric services, such as those wanting anti-depressants or anti-anxiety medication, they must first get a referral from the UCC or another mental health practitioner.
* They are in the process of moving more of their services to telehealth but that might come later this week or next week.
* As of right now HWS is only seeing students who are sick and have stayed in the Tallahassee area. They must make an appointment over the phone before coming in.
* If an individual has insurance through the University and would like see a (mental) health practitioner in their community, they are advised to contact the insurance provider (United Healthcare) to see which doctors, clinics, or hospitals are in network.
* They can do that by calling 1-800-767-0700 or by going online to uhcsr.com. They are pointing students to their website (https://uhs.fsu.edu/) for the most updated information on appointments.

**Frequently Asked Questions per FSU News**<https://news.fsu.edu/coronavirus/faq/>

**FSU Police Department**
This department ensures a safe and secure higher education environment while providing proactive police and customer-related services aimed at reducing crime.

Phone - Non-emergency – 850-644-1234

Emergency - 911

**FSU Counseling Center**
This center assists students with all kinds of questions and concerns, like homesickness, struggles with relationships, sexual identity and gender questions, cultural issues, eating and body image, substance use, worries, and depression. Our licensed and professionally-trained staff offer counseling to those currently enrolled at FSU in a variety of ways: through one-on-one sessions, couples sessions, group sessions and walk-in services for urgent situations. Because student fees cover these services, there is no out-of-pocket expense for any visit.

 Phone - (850) 644-TALK(8255)

 24-hour Crisis Help Line: 211 – from a local land line

850-224-6333 – from a local cell phone

1-877-211-7005 – Toll Free

Update as of 3/19…
UCC is moving their critical services to telehealth and looking at expanding their telehealth services. Prior to this move, a student would have to do a walk-in to start receiving services. Now students are encouraged to call (850) 644-TALK (8255), leave their name, number, and FSU email address. The student will get the intake paperwork sent to their FSU email and they will proceed from there.

Coping with stress pdf - <https://counseling.fsu.edu/sites/g/files/upcbnu801/files/UCC/images/groups/Copingwithstress.pdf>

Healthy thinking and coping strategies pdf - <https://counseling.fsu.edu/sites/g/files/upcbnu801/files/UCC/images/groups/HealthyThinking.pdf>

**FSU Resilience Project**This isa web-based, research-informed toolkit developed to encourage students’ wellness by helping them learn to manage stress in healthy ways and increase their sense of belonging. The website features videos, skill-building activities, resources and information, including podcasts by campus experts.

 Website - <http://strong.fsu.edu>

COVID-19 Resources
<https://strong.fsu.edu/wp-content/uploads/2020/03/COVID-19-update3-18Online.pdf>

**Case Management**
This office works with individuals to provide emotional support, counseling, advocacy, and to identify immediate needs, making appropriate referrals to campus and community resources. Cases are monitored, as needed, to ensure that individuals receive the support necessary to improve their life situation.

Case management is available to assist with questions, and to take referrals from any faculty, staff, family, friend, or community member concerned about an individual’s well–being.

Phone – 850-644-9555

**Victim Advocate Program**If you or someone you care about has been the victim of a crime you may need to talk with someone about your options. It is not uncommon to experience a broad range of emotions including fear, confusion, anger, guilt, frustration, and tremendous sense of loss. These are all NORMAL reactions to what has happened.

A confidential advocate is on call twenty-four hours a day to respond to FSU students, faculty, and staff who are victimized anywhere or at any time, as well as any other person who is victimized on our campus, at an FSU sponsored event, or by an FSU community member.

Services offered include emotional support, instructor notification, referrals, crisis intervention and assistance in student conduct, legal and medical matters.

Phone – 850-644-7161

**Office of Accessibility Services**
This office ensures universal access for each Florida State University student. Through the provision of academic, housing, & dining accommodations, testing support, assistive technologies, and space for students to feel part of the FSU community, the OAS creates an environment of success.

Website - <http://dsst.fsu.edu/oas>

Phone - 850.644.9566

E-mail – oas@fsu.edu

[**http://report.fsu.edu**](http://report.fsu.edu)This site allows you to share important information regarding incidents or concerning behavior happening in the Florida State University community.

**External resources**

CDC Managing Anxiety & Stress:
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

 Headspace Meditation App for iOS or Android
<https://www.headspace.com/headspace-meditation-app>