

March 27, 2020

To the Linfield community,

We understand that this is a time of increased uncertainty, grief, and loss for students and families as well as staff and faculty. We know individuals process emotions uniquely and the current situation with the COVID-19 pandemic will be experienced as a stressful and bizarre situation for most people. Staying at home and avoiding contact with friends and classmates as well as the physical disconnection from the classroom is strange and unsettling, especially for students who are used to structure and schedule. Worry about who the virus might affect creates a sense of vulnerability unfamiliar to most people. Parents and families may have additional concerns about what the future holds.

Below are resources we recommend for supporting mental health.

The Linfield [Student Wellness, Health and Counseling Center](#) is offering phone and video style counseling support to students during this time. This may not apply in all circumstances, so please contact the office for more details. For more information or to schedule an appointment, please call the front desk at 503-833-2535. The Linfield Student Wellness, Health and Counseling Center is open from 9am-5pm, Monday-Friday.

### **Students:**

Your ResLife staff is still here for you. If you need support or just a link to resources on campus, please reach out to your Resident Advisor (RA) just as you would normally, phone, text or email. You can also contact the ResLife office at [reslife@linfield.edu](mailto:reslife@linfield.edu).

If you need immediate mental health support outside of business hours, these resources provide 24/7 free and confidential support:

- National Suicide Prevention Lifeline: (800) 273-8255 or text 273TALK to 839863
- Alcohol and Drug Helpline: (800) 923-4357 or text RecoveryNow to 839863
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

### **Faculty and staff:**

Magellan Healthcare and your Employee Assistance Program is a great resource available to you. Magellan continues to develop additional resources offering support for employees and their household members during this challenging time. We will share them with you as they become available.

New tip sheets:

- [Seven tips for working from home during COVID-19](#): As more people are working from home to limit the spread of COVID-19, what was once a perk may now seem like a punishment.
- [Coping with isolation during COVID-19](#): Humans are social beings, and the social distancing that is necessary right now is hard on everyone. The forced change in social behavior and the resulting isolation can affect people's mental health in many ways.
- [School is canceled. Now what?](#): Information on how to talk with children about COVID-19 and tips for staying at home with children during the outbreak

Additional services may be available to you to at no or low cost; contact [human resources](#) if you have questions regarding Megellan Healthcare and your Employee Assistance Program.

## **Additional Resources**

### **Meditation Apps**

Breathing apps can help reduce anxiety, improve your sleep, and build gratitude. All of these apps are free, although some also have options to upgrade/subscribe:

- **Calm**: offers breathing practices, daily meditations, themed meditations and sleep stories.
- **Stop. Breath and Think**: has a check in pre- and post-meditation, to reflect on physical, mental and emotional state, offers specific meditations to support sleep as well as coping with COVID-19.
- **Relax (Lite) – Stress and Anxiety Relief**: offers meditation and breathing practices, with customizable options. Musical cues time mark the breathing count, so you don't need to keep your eyes open.
- **Breathe2relax**: straightforward breathing exercises with coaching, tracks to your apple watch

### **Resources Related to Managing Uncertainty and Anxiety**

- [Love is Louder Action Center](#)
- [Mindful Schools: Take a break, keep perspective, be kind in uncertain times](#)
- [CDC: COVID-19 Stress and coping](#)
- [CDC: Taking care of your emotional health](#)
- [ULifeline: Your online resource for college mental health](#)
- [HelpGuide: Coronavirus anxiety - coping with stress, fear, uncertainty](#)

We look forward to the future together.

Sincerely,

Linfield Student Health, Wellness and Counseling