

# COVID-19 Mental Health Resources

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## Mental Hygiene

- [Active Mind Webinars](#)
  - Sleep, Self-Care, and Sharing a Productive, Healthy Indoor Environment: Everything Students Need to Know about Mental Health during COVID. Recording found [here](#).
  - Communicating in Quarantine: Tips to Encourage Mental Wellness in Close Quarters. Recording found [here](#).
- [Meditation & Other Mental Hygiene Sites/Apps](#)
  - Headspace meditation & wellness phone app
    - [Free trial subscription](#) available
  - Simple Habit
    - [Ease COVID-19 anxiety](#)
  - [Calm blog/app](#)
  - [Science-Based Strategies](#) to cope with COVID-19 stress
  - [How to Stop Worrying about Things You Can't Control](#)
- [Daily Health Tips](#)
  - Create a daily schedule: set an alarm, get dressed, and dedicate a section of your living space to schoolwork only.
  - Avoid excessive media intake and focus on positive stories.
  - Cook yourself healthy, fun, and nourishing meals.
    - Use Pinterest to look up new recipes or crafts
  - Go for a walk while practicing social distancing
  - Utilize exercise/yoga videos
    - [The Down Dog app](#) (yoga, barre, 7-minute cardio workouts) is free until July, you just need to register your school
    - Youtube
- [Remote Counseling \(schedule appointments online\) and additional support](#)
  - [SASSI](#)
    - To meet with one of us, just go online or call the front desk at 901.448.5056. Missing Ms. Sandra or Alexis at the front desk? Just send an email to video chat to [SASSI@uthsc.edu](mailto:SASSI@uthsc.edu) and say "hello."
    - The SASSI after-hours phone for mental health emergencies is 901.690.2273
  - UHS – 901.448.5630. Emergency after-hours phone – 901.541.5654
  - [Thriving Campus](#)
  - Find additional resources [here](#). These include counseling support, 24-hour hotline numbers, links for issues such as sleep, self-injury, anxiety, wellness, etc. along with links for counseling according to your insurance provider

- **Social Activities**

- Preventing Loneliness
- Check in with loved ones with mental health concerns
- Netflix Party – watch Netflix simultaneously with friends and share thoughts in the chat box
- Group Video Chat/Facetime with friends/family
  - Virtual dinner/“happy hour”
  - Play games
  - Dance party
- Visit a virtual museum
- Catch a livestream concert
- Follow your favorite zoo online for live animal streams
- Catch up on interests
  - Reading
  - Podcasts
  - Shows/movies
- Diversity & Civility
  - Don’t make assumptions about individuals who you believe may or may not have come in contact with the virus. COVID-19 does not discriminate on who becomes infected.
- Suicide Prevention
  - Text START to 741.741
  - Call 1.800.273.TALK (8255)
  - Submit a Care Concern

## Academic Support

- SASSI (schedule appointments online)
  - Educational Specialists
  - Tutoring
  - Disability Services
    - To meet with one of us, just go online or call the front desk at 901.448.5056
- **Technology**
  - Zoom Videoconferencing: How to Use
  - Google Hangouts
  - Group Facetime
  - If you don’t have access to internet at home, certain internet companies are offering free or highly discounted internet plans currently (ex: Comcast’s ‘Internet Essentials’ program, etc.)
- **Technology**
  - Academic Continuity Updates