Counseling Center COVID-19 Resources and Support

KNOW THE FACTS:
One way to decrease stress is to know the facts. Here are some resources that provide information on a college, local and national scale.

- Lehman College - COVID-19 Updates
- NYC DOH - COVID-19 Updates
- CDC - general COVID-19 information
- CDC - recommendations for prevention
- CDC - recommendations for coping with stress
- CDC - recommendations for self-care

SELF- CARE TIPS:
Here are some self-care tips that may be useful from CUNY Health and Wellness:

- Drink plenty of non-caffeinated, unsweetened fluids.
- Make good choices about what you eat, and eat regularly.
- Prioritize sleep and letting your mind and body rest and recover.
- Give yourself permission to take breaks.
- Make conscious choices to wait 5, 15, or 30 minutes before responding to communications that trigger strong emotions. This is a volatile time.
- Do less. Focus more.
- Be kind to yourself and others in speech and action.

STRESS MANAGEMENT RESOURCES:
Other ways to reduce anxiety include managing stress and utilizing coping techniques. Here are a few resources we’ve found to be helpful. We did not create them and there are many more available online.

- Positive Psychology Crisis Kit
- 10 Minute Mind (CUNY Sponsored)
- MyLife Mindfulness App
• **InsightTimer App** - for guided meditations to help reduce anxiety and promote healthy sleep, plus coronavirus guided meditation

• **Daylio App** - for mood monitoring and a reminder to practice healthy behaviors

• **Stress Bucket**

• **The Struggle Switch**

• **3 Happiness Myths**

• **CBT Self Help for Anxiety**

• **Thoughts are not Facts**

• **CCI Health Anxiety Worksheets**

• **CCI Worry Worksheets**

**COUNSELING RESOURCES:**

• **Mental Health Community Providers**


• To talk to a counselor at any time about anything: call 1-888-NYC-WELL (1-888-692-9355) or text “WELL” to 65173.

• **CUNY TalkSpace**: [https://www.talkspace.com/cuny](https://www.talkspace.com/cuny)

**CRISIS RESOURCES:**

Call 911 or go to your local emergency room


• For suicide prevention: 1-800-LIFENET (1-800-543-3638) or 1-800-273-TALK (1-800-273-8255)

• Text “CUNY” to 741-741 to reach the Crisis Text Line

• Text “START” to 678-678 to reach Trevor Project Helpline for counselors trained to assist members of the LGBTQ+ community