

COVID-19 Mental Health Resources

We recognize that the coronavirus pandemic poses concerns for both physical and mental health. People respond to events such as these in many different ways. It is okay to feel just fine, and it is normal for you or people who you care about to feel stressed, lonely, or powerless.

Social distancing is an approach where everyone in the community reduces contact with one another by avoiding large gatherings, physical contact, and (when possible) public places. Practicing social distancing is important because it keeps vulnerable people safe. It can also be challenging.

Here, we share resources specifically for students, as well as resources that are available to the broader Urbana-Champaign community. These resources are meant to be useful to you as an individual and as someone who might be concerned about others.

Stay Updated

Follow the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO), and give yourself a break. It's good to stay informed; it's not so good to be bombarded by coverage (e.g., reading the same story multiple times). It can be more stressful than helpful. Consider asking yourself: how is this next news story helping me? You might try checking in on the news at scheduled times, and doing so with reliable sources like the CDC and WHO.

For everyone:

- CDC: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Illinois State Government:
<http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>
- Local Information Updates
 - As the university continues to respond to issues around COVID-19, the Parent and Family Programs Office is sending COVID-19 information specifically for parents and families of students. To sign up for updates: [click here](#).
 - Ways to reach Champaign-Urbana Public Health Department for Coronavirus Updates:
 - coronavirus@c-uphd.org
 - 217-352-7961
 - Most up to date information is kept on their [facebook](#)
 - Carle Foundation Hospital

- [Carle Newsroom](#) - provides up to date articles on the hospital's protocol and suggestions for response.
- [State of Illinois Department of Public Health Coronavirus](#)
 - Available FAQ in both English and Spanish

For UIUC students, faculty, and staff:

- [University of Illinois COVID-19 Information](#)
- [University of Illinois COVID-19 FAQ](#)
- For those of you who are on campus during spring break and have questions about university housing:
 - Email: housing@illinois.edu
 - Phone: +1 217-333-7111
- For questions about student and academic life
 - Email: studentaffairs@illinois.edu
 - Phone: +1 217-333-1300
- For undergraduate admissions questions
 - Email: international-admissions@illinois.edu
 - Phone: +1 217-333-0302
- For graduate student questions
 - Email: grad@illinois.edu
 - Phone: +1 217-333-0035
- For university employment questions
 - Email: ihr@illinois.edu
 - Phone: +1 217-333-7466

Connect

Your day to day life may have already changed and may change in the future, as this situation evolves. If you are practicing social distancing or are quarantined, remember that you can still stay connected.

For everyone:

- Reach out to people who are most at risk of being affected by the virus; if that includes you, know that you're not alone.
- Offer to connect with people virtually. Take people up on their offers to meet virtually.
 - Some useful platforms include Skype, Google Hangouts, Zoom, WhatsApp, and FaceTime

If you find that you are very lonely and do not have people to reach out to, a warm line might be useful. Warm lines are hotlines that you can call to speak with someone. You do not need to be experiencing a "crisis" to call/text a warm line. Your call/texting session might be brief; be prepared to wait "on hold."

If you are calling from within the state of Illinois:

- Illinois warm line (there may be an above average wait time):
 - Call: 1 (866) 359-7953
 - TTY: 1 (866) 880-4459
 - Monday-Friday, 8am-5pm
 - http://www.illinoismentalhealthcollaborative.com/news/The_Warm_Line_Peer_and_Family_Support_by_Telephone.pdf

If you are calling from anywhere:

- NYC Well Line
 - Call: 1-888-NYC-WELL
 - Text “WELL” to 65173
 - Chat online: <https://nycwell.cityofnewyork.us/en/>
 - 24/7

Self-Care

While social distancing and complying with a quarantine are important to keep everyone safe, it can also feel isolating. It can be especially difficult to make adjustments to your schedule and avoid things you normally enjoy or find purpose in (like visiting others, working, etc.). Below are a list of resources and tips that can aid in your self-care during this time.

Travel

- Cheap flights can serve as an incentive to travel to international locations. Although you may be in a demographic that is less vulnerable, you can still carry and transmit the virus. Due to the outbreak, many destinations are shuttering large tourist attractions during this time, including restaurants, museums, monuments, etc. and will therefore be less accommodating despite the cheap airfare prices.
- It is understandable that you may *need* to travel during this time. Although it is highly encouraged to limit your exposure to large groups and, therefore, public transportation, there are oftentimes extenuating circumstances. If you are traveling, please highly consider the following steps:
 - Wash your hands with warm water and soap early and often
 - Avoid touching your eyes, nose and mouth with unwashed hands
 - Avoid close contact with people who are sick
 - Cover your cough or sneeze with a tissue and be sure to throw that tissue in the trash
 - Carry with you an alcohol-based hand sanitizer and an ample supply of disinfecting wipes
 - Consider wearing a face mask if it makes you feel more comfortable

- With ever-changing updates, you may get stuck at your destination. Please consider bringing with you all you may need to continue your work (computers, tablets, phones, reading materials, etc.)
- If you are traveling to a high risk area, it is required that upon return you quarantine yourself for at least 14 days. This is to ensure that you have not contracted the virus and will not spread it further.

Stay Social

- Feeling disconnected from friends, family, and colleagues can be isolating. It is important to find ways to remain social if you notice you are feeling lonely - and even before you notice any changes in your mood. Some creative ways to remain social include:
 - Planning a virtual date: you can plan to virtually enjoy a shared activity with friends and family. Maybe you plan to both cook the same meal and eat together over skype or even play a boardgame!
 - Reaching out to friends: now is a great time to reach out to friends you have not had the chance to talk to in a while. Use this as an opportunity to reconnect.

Responsible Alcohol Use

- Drinking responsibly is an important part of staying healthy and keeping others healthy. Keep the following tips in mind when drinking:
 - Drink in moderation: drinking too much can decrease your immune response and make getting sick more likely. Moderate the amount that you are drinking in order to keep your immune system strong.
 - Avoid binge drinking: hospitals are currently over capacity as they try to treat all those that are sick. At times, drinking heavily can result in requiring medical attention. To keep yourself safe and avoid overloading hospitals, avoid binge drinking.
 - Decrease social interaction: it is advisable to avoid bars while practicing social distancing. This can help to stop the spread of the virus.

Exercise

- Many gyms and athletic centers are closing to keep everyone safe. But, you can still stay fit at home. In fact, continuing to exercise while practicing social distancing and quarantine can help to keep you and others healthy.
 - YouTube Fitness: you can find free workouts on YouTube that you can do at home. Now might be a great time to learn some new exercise routines.
 - Take a Walk: if you are not quarantined, taking a walk or going on a run can be a great way to get out of the house and stay fit. Just remember to try to keep your distance from others and avoid touching your face.
 - Stretch: Have you been sitting at a computer or scrolling through a phone, hunched over for a while? Try stretching. If you are able, try sitting up straight.

Sleep

- Getting enough sleep is one of the best ways to stay healthy. Here are some tips for good sleep hygiene:
 - Bedtime: set a bedtime and stick to it. Try to see if you can go to bed at the same time each night.
 - Screentime: limit screen time before going to bed and do not use your phone, computer, or TV while falling asleep.
 - Caffeine: reduce caffeine consumption before bed
 - Your Bed: try to limit using your bed for studying or watching TV.

Completing Coursework

- Changes to school schedules can make completing coursework difficult. As you transition to working from home, here are some tips:
 - Have a schedule: create a schedule for the week of when you will study and stick to it.
 - Reach out to professors: professors are still available to answer questions and teach you. Use their virtual support.
 - Create a dedicated work space: have a space that is just for work. This will help keep you focused.
 - Find a study buddy: connect with others in shared courses and see if studying together online helps to keep you motivated
 - Stay off social media: while working on coursework, limit social media and phone time. It might even be useful to block social media sites or leave your phone in a different room.

Eat Well

- Taking the time to eat well can keep your body strong and healthy. Some adjustments to meal preparation can help to limit exposure with public places.
 - Make a list: planning ahead and making a grocery list for a week (or two's) worth of groceries can help to limit exposure and ensure that you have all the ingredients for a healthy diet.
 - Have food delivered: now might be a great time to try out a subscription service. Consider one that delivers produce (e.g. Misfits) or maybe one that sends recipes (e.g. Home Chef).
 - Eat healthy: try to eat healthy meals to keep your immune system strong.
 - Shelf-stable food: it may be useful to buy a few extra shelf-stable foods in order to limit the frequency of going to the grocery store.

Relax

- Spending more time at home might also be a nice opportunity to relax. Consider some of the ideas below:
 - Find natural light: enjoy some time sitting by a window or outdoors to soak up that Vitamin D
 - Take a shower
 - Meditate: try checking out the App "Calm" if you would appreciate some direction

- Watch a movie
- Read a book
- Play a game

Addressing Fears and Worry

It is common to feel increased worry and fear in response to health crises. Often, the uncertainty regarding what will happen can increase fears and worry. Below are some resources to help manage stress. If you find that your worry leads to feeling that you may hurt yourself or others call 911.

For everyone

- From the UIUC Counseling Center: [How to cope with coronavirus anxiety](#)
- [Self-Help Brochures](#)
- [Coping with stress during an infectious disease outbreak](#)
- [Taking Care of Your Behavioral Health during an Infectious Disease Outbreak](#)
- [Coping with a Disaster or Traumatic Event](#)

For children and families

- You can help your children cope by letting them know that it's okay to be concerned and by answering their questions calmly and factually. They might ask the same questions many times.
 - [Helping Children Cope with Emergencies](#)
 - [Coping After a Disaster](#)
 - <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>
- Child Care: while resources for child care have not been released locally, here are some tips for social distancing while providing care.
 - Activities: have fun activities ready for children to do. It may be useful to consider picking up some supplies during your next grocery trip.
 - Use Apps: there are many apps that help caregivers come up with fun activities. Check out some below:
 - BabySparks
 - Yuggler
 - Kiddiplan.com
 - Share caregiving responsibilities (if possible): you may need to provide childcare while practicing social distancing. If so, see if there are opportunities to share childcare responsibilities.
 - Make a schedule: if you are providing caregiving with someone else, take some time to build a schedule together to agree on times that each of you are responsible for caring for children.

- Team up: see if other friends practicing social distancing that have child care needs may help to take shifts to provide care. Be sure that everyone is practicing safe social distancing before combining forces.

For faculty

- Stressed about suddenly moving your classes online? Uneasy about recording a lecture? Nervous about how to communicate concern to your students? You aren't alone. Find tips and support in this crowd-sourced document:
https://docs.google.com/document/d/1HhxP-E0cQLkbTgkMIAxmMK_LH5ttgV3OTSBf5IK983M/edit#

For providers

- [Emergency Responders: Tips for taking care of yourself](#)
- [Disaster Technical Assistance Center](#)
- WHO anticipates releasing guidelines for psychosocial support of healthcare providers in the coming week. Stay up-to-date on their recommendations on the WHO website, or via the International Council of Nurses
(<https://www.icn.ch/news/icn-covid-19-update-new-guidance-mental-health-and-psychosocial-support-will-help-alleviate>)

Discussing COVID-19

People of Asian descent are no more likely to contract the virus and it can be harmful to suggest, or even joke, that they are. We encourage you to follow the CDC director in referring to the virus as “the coronavirus” or “COVID-19,” rather than using names like “Wuhan virus,” “China Virus,” or “Chinese virus.”

It is also not the fault of people who have been infected. The important thing is to practice social distancing to stop the continued spread of the virus and to support people who are sick by connecting virtually.

For people learning more about mental health impacts of this framing

- See the CDC sheet's acknowledgement of this here:
<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>
- And, read one narrative of the effects of these fears, here:
<https://www.inquirer.com/opinion/commentary/nydia-han-6abc-coronavirus-racism-asian-americans-20200301.html>

For people who have been impacted by this framing

- Read how an assistant professor of counseling psychology has been coping with and responding to racism:

<https://www.sfchronicle.com/opinion/openforum/article/How-to-contain-the-virus-of-racism-during-15048941.php>

Call hotlines for immediate help

Hotlines can be helpful; be prepared to wait “on hold” to speak to a hotline counselor. It’s worth the wait.

If you feel overwhelmed about COVID-19 and need someone to talk to, call or text SAMHSA’s Disaster Distress Hotline. This is a 24/7 hotline dedicated to emotional distress related to natural or human-caused disasters.

- Disaster Distress Hotline: 1-800-985-5990
 - Text: TalkWithUs to 66746
 - 24/7, 365-day-a-year
 - <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Additional National Resources

- Crisis Text Line: <https://www.crisistextline.org/>
- National Suicide Prevention Hotline: 1-800-273-TALK
 - 800-784-2433 Toll-free
 - 888-628-9454 Toll-free Spanish
- Trans Lifeline: [877-565-8860](https://www.translifeline.org) Toll-free
 - <http://www.translifeline.org>
 - contact@translifeline.org
- Hotline provided through a long-standing emergency preparedness partnership between DHHR’s Bureau for Public Health and the West Virginia Poison Center
 - Operators are available 24/7
 - toll-free at 1-800-887-4304

Sexual and Domestic Violence & Abuse

If you are isolated or quarantined with people who you do not feel safe with, or you are worried about someone who might be, consider utilizing these local and national resources for sexual and domestic violence or abuse (e.g. child, people with disabilities, or older adults)

The people who answer your call/text are trained to help with safety planning, how you are feeling, and what you might want to do next. Your communication with these certified counselors is confidential (e.g. they won’t tell others what you share with them). However, these counselors are also mandated reporters (e.g. they may need to share something you tell them with others to keep you or someone else safe). You can begin your call with asking, “Can you explain your mandated reporter responsibilities to me?”

Sexual violence (sexual assault, sexual harassment, rape, abuse)

- Rape Advocacy, Counseling, and Education Services (local resource)
 - 24/7 hotline: (217) 384-4444
 - Learn more about RACES here: <https://www.cu-races.org/>
- National Sexual Assault Hotline (national resource)
 - 24/7 hotline: 1-800-656-4673
 - Chat online: <https://www.rainn.org/>

Domestic violence (if someone close to you is hurting you: physically or emotionally)

- Courage Connection (local resource)
 - Hotline: (217) 384-4390 or (877) 384-4390
 - Learn more about Courage Connection here: <https://courageconnection.org/domestic-violence-services/>
- National Domestic Violence Hotline (national resource)
 - 24/7 hotline
 - Call: 1-800-799-7233
 - TTY: 1-800-787-3224
 - Chat online: <https://www.thehotline.org/>

Child abuse

- National Child Abuse Hotline
 - 24/7 hotline
 - Call or text: 1-800-422-4453
 - Chat online: <https://www.childhelp.org/childhelp-hotline/>

Mental Health Resources in Champaign-Urbana

You may prefer to seek mental health support from a local counselor. Below are local therapy groups that have confirmed capacity to provide service during this time. Many of these groups will support telehealth options after an initial meeting to support the need for social distancing.

- To search for a therapist, try using the website *Psychology Today*. Be sure to ask about availability and telehealth options.
- Local Mental Health Groups
 - Keri Powell Group: is a local therapy clinic with capacity for same week appointments.
 - Address: 41 E University Ave #3a, Champaign, IL 61820
 - Phone: 217-352-0200
 - <https://kptherapy.com/> - there is a form on their website that can be filled out and submitted. This platform is monitored by the Keri Powell team on a very regular basis
 - Accepts most insurance plans

- Handful of practitioners are available to take new clients, but the wait is about one week at this time.
 - An in-person first session is required, then video or phone sessions are available to established clients
- Elliott Counseling Group: is a local therapy clinic with capacity for same week appointments.
 - Address: 309 W Clark St, Champaign, IL 61820
 - Phone: (217) 398-9066
 - <https://elliottcounselinggroup.com/>
 - staff@ecgstaff.com
 - Accepts most insurance, but does vary by practitioner.
 - The Elliott Counseling Group offers phone sessions, though insurance coverage for this method of delivery may vary
- The Pavilion Behavioral Health Services
 - Address: 809 W Church St, Champaign, IL 61820
 - Phone: 800-373-1700
 - <https://pavilionhospital.com/contact-us/>
- Community Mental Health Agencies
 - Rosecrance Central Illinois
 - Address: 1801 Fox Dr.
 - [217-693-4580](tel:217-693-4580) Voice - Intake/Admission
 - [217-398-8080](tel:217-398-8080) Voice - Mental Health Line
 - [844-711-5106](tel:844-711-5106) Voice - All Rosecrance Locations/Services
 - <http://www.rosecrance.org>

Campus Resources

The following resources are specific to University of Illinois, Urbana-Champaign. Given campus closures, many of these resources may have limited hours or be closed until students return to campus. All information regarding closures listed below were updated on March 13th, 2020.

Please note these resources may not be available should the university be closed to help protect our community. We include website links that will help you stay updated on these resources and their availability.

- The Counseling Center is available for students. Stay up to date with their offerings here: [Counseling Center Protocol for Managing Coronavirus](#)
 - If you are being quarantined, you won't be able to be seen at the counseling center. There are still other resources for you - check out the hotlines given, above, or the Center's self-help brochures here: [Self-Help Brochures](#)
 - For in-person appointments, call: (217) 333-3704

- To schedule an initial appointment please dial 217-333-3704 any time after 7:50 a.m, Monday through Friday.* To ensure that you will have opportunity to schedule an appointment that is convenient with your schedule, we encourage you to call early, since times available for initial appointments are provided to students in the order that their calls are received.
 - In the case of a *non-life threatening emergency*
 - The Counseling Center also provides emergency consultations to students with urgent mental health concerns between 8 a.m. and 5 p.m., Monday through Friday
- Health Concerns
 - Mckinley Health Center
 - Dial-a-nurse, open 24/7: 217-333-2700
 - Can provide free consultation appointments for those covered by student insurance
 - For student medical questions
 - Email: studenthealthcenter@illinois.edu
 - Phone: +1 217-333-2700
- Cultural houses
 - Cultural houses will be closed until students return to in-person classes, However, they may be a wonderful resource when in-person courses resume.
 - A few of these houses are holding support groups coined “self-care with friends” - click on each name of the groups below for links that lead to further information:
 - Bruce D. Nesbitt African American Cultural Center
 - phone: 217.333.2092
 - email: bnacc@illinois.edu
 - Asian American Cultural Center
 - phone: 217.333.9300
 - email: aacc@illinois.edu
 - La Casa Cultural Latina
 - phone: 217.333.4950
 - email: lacasa@illinois.edu
 - LGBT Resource Center
 - Phone: 217.244.8863
 - Email: lgbtrc@illinois.edu
 - Native American House
 - Phone: (217) 265-0632
 - Email: nah@illinois.edu