



Student Health & Well-Being's Mental Health Care Package



We realize our current public health situation and the shift to remote learning brings many challenges. You may be having a variety of reactions and feelings, all of which are valid and important. Student Health & Well-Being is finding new ways to be here for you. Our offices continue to provide select remote services to help you maintain social and academic well-being.

Student Health & Well-Being Workshops

Check out the full list and [register](#) on MU Engage

Urgent Support is Available

If you need urgent help, don't wait!

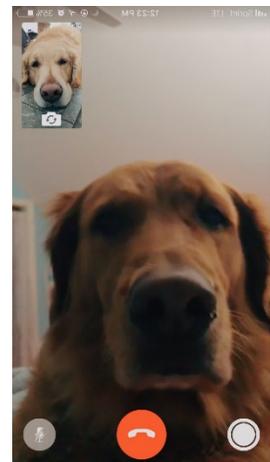
Call us 24/7 at 573-882-6601.

For a life-threatening emergency, call 911.

As we enter into this new journey, here are some ways to help you take care of yourself, whether you're in Columbia, in another state, or across the globe.

Social distancing doesn't have to mean social isolation:

- Find creative ways to connect with friends. Try an online coffee or dinner date, play a game using Zoom, have a virtual movie night (check out Netflix party for synchronized playback and chat!), or online gaming.
- Enjoy time outside with a friend (and stay 6 feet apart!)
- Make time to check in with yourself and others about how you're doing. Talk about your reactions to what's going on right now. Set boundaries if you need to ("I need to take a break from talking about X – I'll let you know when I can come back to it.")
- Leave messages of community support with sidewalk chalk.
- If you are part of an organization or religious community, follow them on social media – many groups are finding creative ways to stay connected.



Practice self-care and self-compassion:

- Notice your feelings and reactions without judging them. Pay attention to what you need and identify one thing you can do to meet your needs.
- Take a break from the news. Staying informed from reputable news sources is important, but overexposure can increase anxiety and overwhelm. Recognize that regardless of new events unfolding, the recommendations that are within individual control stay the same. It isn't necessary to get every update in real time.
- Try something new. Make a new recipe, get back into reading, use makeup tutorials, start a craft project, plant a garden, download TikTok and learn how to dance!
- Move your body in ways that feel good. Bonus points if sunlight is involved! There are [many options](#) for [yoga](#) and other [workouts](#) online if you need to relax or burn off anxious energy. Remember, there's no pressure to exercise to change your body during a public health crisis (or any time!).
- Make sure to laugh! Watch a funny show or video, reflect on fun times and inside jokes with friends, browse social distancing memes (or make your own!).
- Be kind to yourself! Download [Sanvello](#) and explore the self-care tools.
- Take a [mindfulness break](#) with Student Health & Well-Being. Try other breathing apps like Calm or Headspace.
- Take advantage of the increase in online resources for any interest! Attend a virtual [dance party](#) or [take a museum tour](#). Follow your local movie theaters, libraries, and musicians to learn about other events.
- Many things happening right now are not within our individual control. Focus on what is within your control (the ways you can care for yourself and your community). Remember that this is temporary.



Additional Crisis Resources

Phone:

- National Suicide Prevention Lifeline: 800-273-TALK (8255)
- National Domestic Violence Hotline: 1-800-799-7233

Text/chat:

- Crisis Text Line: Text HOME to 741741
- IMAlive Crisis Chat: www.imalive.org
- Lifeline Crisis Chat: <https://suicidepreventionlifeline.org/chat/>
- National Domestic Violence Hotline: <https://www.thehotline.org/>

Connect with nature:

- Make sure to go outside even while practicing social distancing. Sit in the sun. Go for a meandering walk. Notice that the birds are still singing and flowers are starting to bloom in many places.
- Care for your houseplants, or buy a small plant the next time you go out for groceries.
- Take advantage of [zoo](#) and [aquarium live streaming videos](#).
- Share photos and videos of your pets and request them from others!



Practice effective work at home strategies:

- Make a schedule. Set aside specific times for work and relaxation.
- Break down larger projects into manageable tasks. Identify one thing you can do. Try starting with the easiest task to get started, or the hardest task to get it out of the way.
- Set a [timer](#) to get started and stay focused. Work for 25 minutes, then take a 5-minute break. And repeat! If an important idea distracts you, write it down and re-focus.
- Use campus resources: [Disability Center](#), [Learning Center](#), [Career Center](#), and [Canvas](#).



Take care of your physical health:

- Call [MU Student Health Center](#) at 573-882-7484 for an appointment (likely held over the phone)
- MU Health Care offers \$10 video visits/screenings: <https://www.muhealth.org/conditions-treatments/video-visits>
- Keep [healthy sleep habits](#) – good sleep makes life easier to manage.

Find ways to help others:

- Many communities are creating support networks to take care of one another. Social media and local news sources are great ways to learn about what is happening in your community.
- Check on friends, neighbors, or family who are more vulnerable or having a hard time.
- Donate to local food banks or donate swipes to [Tiger Pantry](#).
- Buy a gift certificate to a local restaurant or small business.
- [Donate blood](#).
- Follow [guidelines](#) for [prevention](#). Avoid large gatherings and maintain 6 feet distance with others when possible. Stay home as much as you can. Wash your hands often.



Many students and families are impacted financially. Don't hesitate to use available resources.

- [Tiger Pantry](#) will remain open in their new location in the Hitt Street Parking Structure. Pickup times are Sundays 11am-2pm and Wednesdays 4:30-6pm.
- Many utility companies will not be charging late fees or turning off utilities. Many internet providers are offering two free months for new customers. If you're having trouble paying a bill, it is worth calling to see if they will work with you.
- If you are trans/non-binary and are in need of emergency funds, contact Mizzou's [Gabiella Rosé Justice Support System](#).
- Many communities have created support networks to take care of one another. Social media and local news sources are good places to look for these.
- For resources specific to your community, the United Way COVID-19 Community Economic Relief Fund can be reached at 1-866-211-9966.

For current updates about MU operations and information, please check [MU Alerts](#).