



## Student Wellness and Accessibility Centre

### STUDENT HEALTH SERVICES

T 905-688-5550 x3243

F 855-700-4793

### PERSONAL COUNSELLING SERVICES

T 1-833-276-2533

F 905-688-7260

### STUDENT ACCESSIBILITY SERVICES

T 905-688-5550 x3240

F 905-688-7260

### STUDENT HEALTH & WELLNESS HUB

T 905-688-5550 x5860

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## Mental Health Supports for Students - Help during COVID-19

The current circumstances around COVID-19 are certainly unpredictable and unexpected. Feelings of stress, worry and anxiety are a natural response and each person's reaction to these circumstances may be different. As classes resume and you begin to navigate courses in a new format, these tips may help in your academic and day-to-day activities.

### *Ongoing Counselling Support through Brock*

Mental health support continues to be available to all students by telephone:

- Personal Counselling (Morneau Shepell for Brock University): 1-833-276-2533
- Student Health Services: 905-688-5550 x3243
- Community Addictions Services of Niagara at 905-684-1183

Crisis supports are available by telephone 24/7, 365 days a year. We recognize that many students have returned to homes around the world. If you are in distress, please locate a similar contact in your area:

- Good 2 Talk (Ontario): 1-866-925-5454
- Crisis Outreach and Support Team (COAST) Niagara: 1-866-550-5205 extension 1

**If you or someone you care about is at immediate risk to themselves or others, contact 911 or go to your local emergency department.**

### *Get Help Online*

- Care for your Coronavirus Anxiety

[www.virusanxiety.com](http://www.virusanxiety.com)

This website offers specific tips for coping with anxiety and depression related to COVID-19.

- Big White Wall

<https://www.bigwhitewall.ca/v2/Home.aspx?ReturnUrl=%2f>

Big White Wall is an online mental health and wellbeing service supported by the Ontario government, offering self-help programs, creative outlets and a community that cares.

- **BounceBack**

<https://bouncebackontario.ca>

BounceBack is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help manage low mood, mild to moderate depression and anxiety, stress or worry.

### *Practice Self-Care*

Caring for yourself can often be an afterthought in difficult times, but healthy daily activities can significantly improve your mental health.

Try one of these strategies today:

1. Maintain routine:

Wake up at a similar time each day, schedule specific time to work on schoolwork and focus on getting enough sleep.

2. Stay active:

Check out free online gym classes, try yoga, take a walk outside (monitor ongoing updates for social distancing recommendations) or move in the way that works best for you.

3. Practice mindfulness:

Take time to intentionally focus on the present and step away from worry and stress. Try apps like Headspace or Calm.

4. Limit constant news consumption:

Set timelines to check in on updates and access reputable sources:

- For updates from Brock: [www.brocku.ca/coronavirus](http://www.brocku.ca/coronavirus)
- Ontario Medical Association: [www.virusfacts.ca](http://www.virusfacts.ca)
- Health Canada: [www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html](http://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)

5. Stay connected with others:

Continue to phone, text, video chat, email, and connect with peers through course-based forums, while continuing to practice social distancing.

6. Notice and accept:

There are a lot of things that are out of our control at this time. Acknowledging and naming feelings, along with focusing on what you can do in response to these feelings can support self-acceptance and reduce stress and worry.

### *References and Resources*

- Centre for Disease Control and Prevention. Taking care of your emotional health.

<https://emergency.cdc.gov/coping/selfcare.asp>

- American Psychological Association. (n.d) Keeping your distance to stay safe. American Psychological Association.

<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

- InCommunities:

Access local information regarding individual services and supports in the community by calling 211.