

Managing Anxiety During the COVID-19 Crisis

We hope everyone is in good health and staying safe.

Widespread public health concerns like COVID-19 (Coronavirus) can cause feelings of uncertainty and anxiety. Many students across the nation are dealing with sudden changes to their regular schedules others are faced with having to evacuate their schools without contingency plans in place. Such developments can be stressful, however staff and school leaders are working to provide the necessary support.

Unfortunately, at this time, we are mandated to discontinue in-class lessons to ensure the well-being and protection of our students, staff, and community members. It is both expected and appropriate to experience distress during situations like these. It is also important to know how to manage overwhelming anxiety and keep perspective as the situation unfolds. If you would like information regarding resources and tips that may be helpful please click on any of the links below:

- The Centers for Disease Control (CDC) has guidance on [managing mental health](#) and coping during COVID-19 for children and caregivers, as well as [guidance for higher education administrators](#).
- The [Child Mind Institute](#) has published a resource on how to talk to young people about COVID-19. • The [Hope Center](#) has outlined resources for supporting college students during this crisis.
- The [American College Health Association](#) has created a guide to help college health staff and campus administrators address COVID-19 on campus.
- The [World Health Organization](#) (WHO) has information on travel, media resources, and other research on COVID-19.
- Anxiety and Depression Association of America Psychologist Jelena Kecmanovic provides some science-based [strategies and tips](#) for coping with COVID-19 anxiety.

In addition to utilizing these resources, self-care experts recommend getting adequate sleep, eating well, and engaging in exercise, among other [tips](#) for practicing good self-care.

People who already are managing existing mental health conditions should prioritize self-care during difficult times and should contact their clinicians if they have questions or concerns. To reach the **National Suicide Prevention Lifeline**, call 1-800-273-TALK (8255). Text “START” to 741-741 to reach the **Crisis Text Line**.

All individual and group counseling services will continue at their normally scheduled times. If you are currently meeting with any member of our counseling staff, or would like more information regarding any of the above, please email your individual therapist to schedule an appointment. These appointments will be conducted either via phone or video call.

Dr. Ivan Lamourt: ivanlam@sbp.org

Dr. Sinclair Davis: sdavis@sbp.org

Dr. Charles Schnabel: cschnabel@sbp.org

Dr. Bianca Kazoun: bkazoun@sbp.org

Mr. John Rowe: jrowe@sbp.org

Ms. Charlseay Sheib: csheib@sbp.org

Ms. Simena Carey: scarey@sbp.org

We know this situation is challenging, but we are all in this together and we hope this information can help cultivate perspective and curb anxiety.

Sincerely,

The Grossman Family Counseling Center