

# COVID-19 SUPPORT RESOURCES

## TEACHING THIS SEMESTER WILL BE CHALLENGING. WHERE SHOULD I LOOK FOR ADVICE?

- 1 See [ecampus.uconn.edu/keep-teaching](https://ecampus.uconn.edu/keep-teaching) resources including instructional and assessment strategies.
- 2 Be flexible with due dates and other student tasks, and provide links to Student Health and Wellness (SHaW) ([studenthealth.uconn.edu](https://studenthealth.uconn.edu)) and U-Kindness ([kindness.studentaffairs.uconn.edu](https://kindness.studentaffairs.uconn.edu)) in your syllabus.
- 3 Consider devoting class time to discussion of COVID-19.

## I HAVE A STUDENT WHOSE BEHAVIOR IS TROUBLING. THEY HAVE NOT APPROACHED ME BUT I AM CONCERNED. WHAT DO I DO?

- 1 Please see [studenthealth.uconn.edu/redfolder](https://studenthealth.uconn.edu/redfolder) for common signs that a student may be experiencing some level of distress.
- 2 We recommend encouraging them to call SHaW-Mental Health together with you. If you or the student are not comfortable with this, please report your concerns to the Student Care Team at [studentcareteam.uconn.edu](https://studentcareteam.uconn.edu).
- 3 **If you believe a student may hurt themselves or someone else, contact the UConn Police at 911 immediately. You may also contact the SHaW-Mental Health on-call service at 860-486-4705.**



## WHAT IF A STUDENT APPROACHES ME ABOUT DISTRESS RELATED TO COVID-19?

- 1 Listen and act with compassion and empathy.
- 2 If you believe the student is a danger to themselves or others, call for help from UCPD. Otherwise, refer them to Mental Health at SHaW at [studenthealth.uconn.edu](https://studenthealth.uconn.edu) or 860-486-4705.
- 3 COVID-specific resources are available at [studenthealth.uconn.edu/updates-events/mental-health-covid19](https://studenthealth.uconn.edu/updates-events/mental-health-covid19) and [kindness.studentaffairs.uconn.edu](https://kindness.studentaffairs.uconn.edu).

## DON'T FORGET ABOUT YOURSELF!

- 1 The Employee Assistance Program provides private assessment, counseling, and/or referrals to assist with personal and/or work-related problems concerning health and mental and emotional well-being.
- 2 You can find out more at [hr.uconn.edu/employee-assistance-program](https://hr.uconn.edu/employee-assistance-program). A wide range of self-care resources is available at [hr.uconn.edu/well-being-resources](https://hr.uconn.edu/well-being-resources).