

ELMHURST UNIVERSITY
COUNSELING SERVICES

COVID-19 Resources



Elmhurst University Counseling Services

Niebuhr Hall, 010

Open Monday-Friday (8am-4pm)

(630) 617-3565

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COVID-19 Resources:

Managing Anxiety & Uncertainty

[Managing Anxiety Around COVID-19 \(Yale Center for Emotional Intelligence\)](#)

[How to Cope with Anxiety About Coronavirus \(Very Well Mind\)](#)

[10 Ways to Ease Your Coronavirus Anxiety \(New York Times\)](#)

[Living With Worry and Anxiety Amidst Global Uncertainty \(Psychology Tools\)](#)

Managing Depression

[Tips on Depression Management in Lockdown: Coping with COVID-19 \(Medical News Today\)](#)

[Managing Depression and Anxiety During COVID-19 \(Light On\)](#)

[Emotional Wellbeing During the COVID-19 Outbreak \(Suicide Prevention Lifeline\)](#)

[Taking Your "Mental Health Temperature" During COVID-19 \(Yale University\)](#)

Media Distancing

[Too Much Coronavirus Media Exposure May Be Bad for Your Health \(American Psychological Association\)](#)

[Too Much Time Spent on Social Media is Taking Mental Health Toll on Users During Coronavirus Pandemic \(Forbes\)](#)

Self-Care & Stress Management

[Coping with Stress During the 2019-nCov Outbreak \(World Health Organization\)](#)

[Coping with Stress \(Centers for Disease Control and Prevention\)](#)

[COVID-19: It's OK to Feel Overwhelmed and Be Unproductive \(Psychology Today\)](#)

[The Secret of Calm: How to De-Stress if You Have One Minute, Five Minutes, or 14 Days \(The Guardian\)](#)

[Journal Prompts for Navigating the COVID-19 Pandemic \(Mind Body Green\)](#)

Learning from Home

[Being Proactive, Present, and Purposeful as an Online Student \(Pearson\)](#)

[8 Tips for Effective Online Learning \(Coursera\)](#)

[Zoom Exhaustion is Real: Six Ways to Find Balance and Stay Connected \(Mindful\)](#)

[Tips for Good Study Habits During Covid-19 \(University of New Hampshire\)](#)

[Staying Focused \(Healthline\)](#)

Sleep

[Tips for Better Sleep \(Centers for Disease Control and Prevention\)](#)

[17 Proven Tips to Sleep Better at Night \(Health Line\)](#)

Self-Compassion

[10 Self-Compassion Practices for COVID-19 \(Center for Mindful Self-Compassion\)](#)

[What is Self-Compassion? \(Dr. Kristin Neff\)](#)

[Self-Compassion Exercises \(Dr. Kristin Neff\)](#)

Grief & Loss

[COVID-19: Grief and Loss \(Centers for Disease Control and Prevention\)](#)

[Coronavirus Grief: Coping with the Loss of Routine During the Pandemic \(Mayo Clinic\)](#)

[About Grief \(David Kessler\)](#)

Financial Concerns

[Essential Needs \(211.org\)](#)

[Find Your Local Food Bank \(Feeding America\)](#)

Reducing Stigma

[Reducing Stigma \(Centers for Disease Control and Prevention\)](#)

[Coronavirus Threat Escalates Fears- And Bigotry \(American Psychological Association\)](#)

Resources for Marginalized Populations During COVID-19

[Responding to Racism During the COVID-19 Outbreak \(Anxiety and Depression Association of America\)](#)

[Surviving Racism Amidst Covid-19 \(Medium\)](#)

[9 Strategies for Quarantining in a Non LGBTQ+ Affirming Environment \(Them.\)](#)

[Covid-19: What Trans People Need to Know \(National Center for Transgender Equality\)](#)

[Healthcare Access for Undocumented Folks in the Time of COVID-19 \(United We Dream\)](#)

[COVID-19 Resources for the Disability Community \(Access Living\)](#)

[Domestic Violence When You Can't Leave Home \(Psychology Today\)](#)

Elmhurst University Resources:

Counseling Center Contact Information:

To schedule an appointment with the Elmhurst University Counseling Center for individual, couples, or interpersonal process group therapy please call (630) 617-3565. Our hours are Monday-Friday 8am-4pm.

EUCS COVID-19 Support Group:

The Elmhurst University Counseling Center will be offering a COVID-19 support group virtually via Microsoft Teams for currently enrolled students. Goals for this support group include:

- Provide a space to process difficulties related to academic changes as a result of COVID-19
- Realize you are not alone in the current struggles we are facing as a University and personally
- Learn new skills to manage distress associated with COVID-19
- Express your feelings and concerns
- Connect with and support other Elmhurst students
- Benefits may include: experience decreased isolation, reduce distress, decreased symptoms of anxiety or depression, improve coping skills, instillation of hope and a sense of agency

For more information please contact EUCS at (630) 617-3565.

EUCS Workshops:

The Elmhurst University Counseling Center will be offering numerous virtual workshops throughout the semester including:

- Stress Reduction and Inner Peace
- Combatting Negative Thoughts
- Healthy Relationships and Self-Empowerment
- Mindfulness Skills for College Living

For more information please contact EUCS at (630) 617-3565.

Other Important Contacts on Campus:

Monisha Murjani (Director of Student Support Services and Intervention)
monisha.murjani@elmhurst.edu; (630) 617-5790

Jasmin Robinson (Director of Diversity and Inclusion Programs)
jasmin.robinson@elmhurst.edu; (630) 617-3207

Jennifer Duffield (Title IX Coordinator for Students/Assistant Dean of Students)
jenn.duffield@elmhurst.edu; (630) 617-5199

Self Help Resources:

Mental Health App Recommendations

For Meditation:

Headspace (Guided sessions on everything from managing stress and anxiety, to sleep, productivity, exercise, and physical health. Free for 10 sessions and then monthly fee).

Calm (Guided meditation sessions and sleep stories. Focus on increasing mindfulness. Free trial followed by monthly fee).

Insight Timer (Free app for managing stress, anxiety, and sleep).

For Mental Health Management:

Mindshift (Teaches basic skills to manage symptoms of anxiety disorders. Free).

T2 Mood Tracker (Helps individuals track their emotional states and how they change over time for personal insight and awareness. Free).

Stop Breathe Think (Allows users to check in on their emotions. Includes short meditations, yoga and acupuncture videos. Free).

For Sleep:

Sleep Calculator Pro (Allows users to set the time they'd like to get up or time they are going to bed to determine best time to set their alarm. Free).

Accessing Therapy Resources

Contact Elmhurst University Counseling Services at (630) 617-3565 or for community providers utilize:

[Psychology Today](#)

[Open Path Collective \(Reduced Rate Counseling in US\)](#)

[Better Help](#)

[LGBTQIA+ Affirming Providers \(Rad Remedy\)](#)

College Students Quarantining in Unsupportive Environments Resource List:

[Resource List \(University of Florida\)](#)

Local Crisis Resources:

If you are on campus and need to speak with someone immediately, contact Campus Security at (630) 617-3000.

If you are off campus, contact a crisis line (see below), or call 911.

Local Crisis Lines:

DuPage Department of Human Services 24-Hour Crisis Line: (630) 627-1700

DuPage County Talk Line: (630) 966-9393

National Crisis Resources:

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) [Website](#)

Crisis Textline: Text HOME to 741741 [Website](#)

National Domestic Violence Hotline: 1-800-799-7233 [Website](#)

Trevor Project Lifeline: 1-866-488-7386 [Website](#)

LGBT National Help Center: 1-888-843-4564 [Website](#)

National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-NAMI (6264) [Website](#)

Substance Abuse and Mental Health Services Administration's Treatment (SAMHSA) National Helpline: 1-800-662-HELP (4357) [Website](#)



*Elmhurst University
Wellness Center*

Monday-Friday, 8:00 a.m.-4:00 p.m.

*Please call (630) 617-3565 to make
an appointment*

Article Links:

*** If you have difficulty accessing the links above, please use the following full links to articles and resources:**

Managing Anxiety & Uncertainty

Managing Anxiety Around COVID-19 (Yale Center for Emotional Intelligence)
<https://www.rulerapproach.org/managing-anxiety-around-covid-19/>

How to Cope with Anxiety About Coronavirus (COVID-19) (Very Well Mind)
<https://www.verywellmind.com/managing-coronavirus-anxiety-4798909>

10 Ways to Ease Your Coronavirus Anxiety (New York Times)
<https://www.nytimes.com/2020/03/18/smarter-living/coronavirus-anxiety-tips.html>

Living With Worry and Anxiety Amidst Global Uncertainty (Psychology Tools)
<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Managing Depression

Tips on Depression Management in Lockdown: Coping with COVID-19 (Medical News Today)
<https://www.medicalnewstoday.com/articles/depression-and-covid-19>

Managing Depression and Anxiety During COVID-19 (Light On)
<https://lightonanxiety.com/managing-depression-and-anxiety-during-covid-19>

Emotional Wellbeing During the COVID-19 Outbreak (Suicide Prevention Lifeline)
<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

Taking Your “Mental Health Temperature” During COVID-19 (Yale University)
<https://medicalxpress.com/news/2020-08-mental-health-temperature-covid-.html>

Media Distancing

Too Much Coronavirus Media Exposure May Be Bad for Your Health (American Psychological Association)

https://www.apa.org/pubs/highlights/spotlight/issue-181?fbclid=IwAR2rA9UtH-E3OvhlJ9O9MuDaVe-FsD9hbO_nI7PnM7uOYXbc9QuUmw0zIDA

Too Much Time Spent on Social Media is Taking Mental Health Toll on Users During Coronavirus Pandemic (Forbes)

<https://www.forbes.com/sites/petersuciu/2020/05/01/too-much-time-spent-on-social-media-is-taking-mental-health-toll-on-users-during-coronavirus-pandemic/#3bf04ac947a7>

Self-Care & Stress Management

Coping with Stress During the 2019-nCoV Outbreak (World Health Organization)

<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>

Coping with Stress (Centers for Disease Control and Prevention)

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

COVID-19: It's OK to Feel Overwhelmed and Be Unproductive (Psychology Today)

https://www.psychologytoday.com/us/blog/prescriptions-life/202003/covid-19-it-s-ok-feel-overwhelmed-and-be-unproductive?fbclid=IwAR3UkPSk9gPROKJwISxTif_O1PvGboujT9R01R6ymJkbGZ8hBVjTgQmm9Pw

The Secret of Calm: How to De-Stress if You Have One Minute, Five Minutes, or 14 Days (The Guardian)

<https://www.theguardian.com/lifeandstyle/2020/mar/20/the-secret-of-calm-how-to-de-stress-if-you-have-one-minute-five-minutes-or-14-days>

Journal Prompts for Navigating the COVID-19 Pandemic (Mind Body Green)

<https://www.mindbodygreen.com/articles/26-journal-prompts-to-inspire-reflection-while-social-distancing?fbclid=IwAR0w47lziYBXpVmFfAPYA3OIaJ2m3t9WgYwzDQ7b6Z8SWuVmQpJzItBOhT4>

Learning from Home

Being Proactive, Present, and Purposeful as an Online Student (Pearson)

<https://www.pearsoned.com/proactive-present-purposeful-online-student/>

8 Tips for Effective Online Learning (Coursera)

<https://blog.coursera.org/8-tips-for-effective-online-learning/>

Zoom Exhaustion is Real. Here Are Six Ways to Find Balance and Stay Connected (Mindful)

<https://www.mindful.org/zoom-exhaustion-is-real-here-are-six-ways-to-find-balance-and-stay-connected/>

Tips for Good Study Habits During COVID-19 (University of New Hampshire)

<https://www.unh.edu/student-life/study-tips-covid-19>

Staying Focused (Healthline)

<https://www.healthline.com/health/mental-health/how-to-stay-focused>

Sleep

Tips for Better Sleep (Centers for Disease Control and Prevention)

https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html

17 Proven Tips to Sleep Better at Night (Health Line)

<https://www.healthline.com/nutrition/17-tips-to-sleep-better#1>

Self-Compassion

10 Self-Compassion Practices for COVID-19 (Center for Mindful Self-Compassion)

<https://centerformsc.org/10-self-compassion-practices-for-covid-19/>

What is Self-Compassion? (Dr. Kristin Neff)

<https://self-compassion.org/the-three-elements-of-self-compassion-2/>

Self-Compassion Exercises (Dr. Kristin Neff)

<https://self-compassion.org/category/exercises/#exercises>

Grief & Loss

COVID-19: Grief and Loss (Centers for Disease Control and Prevention)

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/grief-loss.html>

Coronavirus Grief: Coping with the Loss of Routine During the Pandemic (Mayo Clinic)

<https://www.mayoclinic.org/coping-with-coronavirus-grief/art-20486392>

About Grief (David Kessler)

<https://grief.com/about-grief/>

Financial Concerns

Essential Needs (211.org)

<https://www.211.org/services/essential-needs>

Find Your Local Food Bank (Feeding America)

<https://www.feedingamerica.org/find-your-local-foodbank>

Reducing Stigma

COVID-19: Reducing Stigma (Centers for Disease Control and Prevention)

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsymptoms-testing%2Freducing-stigma.html

Coronavirus Threat Escalates Fears- And Bigotry (American Psychological Association)

<https://www.apa.org/news/apa/2020/02/coronavirus-threat>

Resources for Marginalized Populations During COVID-19

Responding to Racism During the COVID-19 Outbreak (Anxiety and Depression Association of America)

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/responding-racism-during-covid-19-outbreak>

Surviving Racism Amidst COVID-19 (Medium)

<https://medium.com/@yintheralane/surviving-racism-amidst-covid-19-8b18473c3675>

9 Tips for Quarantining in a Non-LGBTQ+ Affirming Environment (Them.)

<https://www.them.us/story/9-strategies-for-quarantining-in-a-non-lgbtq-accepting-environment>

COVID-19: What Trans People Need to Know (National Center for Transgender Equality)

<https://transequality.org/covid19>

Healthcare Access for Undocumented Folks in the Time of COVID-19 (United We Dream)

<https://unitedwedream.org/2020/03/healthcare-access-for-undocumented-folks-in-the-time-of-covid19/>

COVID-19 Resources for the Disability Community (Access Living)

<https://www.accessliving.org/our-services/covid-19-resources-for-the-disability-community/>

Domestic Violence When You Can't Leave Home (Psychology Today)

<https://www.psychologytoday.com/us/blog/hope-resilience/202003/domestic-violence-when-you-cant-leave-home>

Accessing Therapy Resources

Psychology Today

<https://www.psychologytoday.com/us/therapists/il/Elmhurst>

Open Path Collective

<https://openpathcollective.org/>

Better Help

<https://www.betterhelp.com/>

Rad Remedy (LGBTQIA+ Affirming Providers)

<http://radremedy.org/find-provider/?search=Individual+Therapy&addr=Elmhurst%2C+IL%2C+USA&lat=41.89947&long=-87.94034&dist=25#results>

College Students Quarantining in Unsupportive Environments Resource List

https://docs.google.com/document/d/11lYAeLIZEGexvmxanpOjTOE4xw_wsMOgS4uwt7GohvM/edit

National Crisis Resources

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

Crisis Textline

<https://www.crisistextline.org/>

National Domestic Violence Hotline

<https://www.thehotline.org/>

Trevor Project Lifeline

<https://www.thetrevorproject.org/get-help-now/>

LGBT National Help Center

<https://www.glbthotline.org/>

National Alliance on Mental Illness (NAMI) Helpline

<https://nami.org/help>

Substance Abuse and Mental Health Services Administration's Treatment
(SAMHSA) National Helpline

<https://www.samhsa.gov/find-help/national-helpline>