

## Mental Health Supports during COVID-19 for **ECU Students, Faculty & Staff**

Mental health is just as important as physical health when it comes to responding to COVID-19. Common reactions during this time include worry, anxiety, panic, fear of unknown, social withdrawal, difficulty concentrating or sleeping, change in sleeping or eating routines, feeling helpless, confused, angry, financial concerns and fears, fears for your health, feeling on edge, etc.

This handout was created for our ECU family by the ECU Brandon Whitten Institute to address those concerns. Please email [holrwit@ecok.edu](mailto:holrwit@ecok.edu) or call (580) 559-5815 for more information or questions regarding the following resources.

### Local Resources

1. **ECU Counseling Center**
  - a. Jennifer & Cassidy are working remotely to continue providing students with counseling services. Services are provided via tele-mental health, using a video messaging app called VSee.
  - b. **Students, to request an appointment, please contact Jennifer Cox, LPC via email at [jcox@ecok.edu](mailto:jcox@ecok.edu)**
  - c. Services are already paid for via student fees. There is no additional charge.
2. **Addiction & Behavioral Health Center, Inc.**
  - a. ABHC provides up to 12 weeks of **free** addiction/other outpatient behavioral health services to **any ECU student, staff or faculty member**. Currently, all services are virtual via a video messaging app.
  - b. **To request an appointment, please call ABHC at (580) 332-3001. Please let the ABHC staff member know that you are an ECU student or employee.**
3. **For additional local resources**, please visit our Resource Guide [here](#). Please note, hours and services of the resources listed within this guide are subject to change due to COVID-19.

### Additional Websites & Telehealth Resources

1. [Disaster Distress Helpline](#)
  - a. 1-800-985-5990 or
  - b. Text TalkWithUs to 66746
  - c. Available to anyone experiencing emotional distress related to COVID-19.
2. [National Suicide Prevention Lifeline](#)
  - a. 1-800-273-TALK or
  - b. Text HOME to 741741
  - c. When calling, you can press 1 or Text 838255 for Veterans Services.
3. [National Domestic Violence Hotline](#)
  - a. 1-800-799-7233 or
  - b. Text LOVEIS to 22522

## Training Options for students, faculty, & staff:

### 1. **Kognito At Risk**

- a. Kognito is an online simulated training, which helps students, faculty, and staff become prepared to lead real-life conversations with others in distress and connect them with support.
- b. **Students, to complete this simulation webinar:**
  - i. Visit <https://ok.kognito.com/>
  - ii. Above the sign in area, click to create a new account. (Your training POV will be University or College Student).
  - iii. Once you have logged in with your new account, click the box labeled “At-Risk for Students”, then click Launch.
  - iv. The simulation should take approximately 30 minutes.
- c. **Employees, to complete this simulation webinar:**
  - i. Visit <https://ok.kognito.com/>
  - ii. Above the sign in area, click to create a new account. (Your training POV will be University or College Faculty/Staff).
  - iii. Once you have logged in with your new account, click the box labeled “At-Risk for Faculty/Staff”, then click Launch.
  - iv. The simulation should take approximately 40 minutes.

### 2. **QPR Suicide Prevention Gatekeeper Training**

- a. QPR stands for Question, Persuade, & Refer—3 simple steps that anyone can learn to help save a life from suicide. This training is offered via live webinar or via online asynchronous training.
- b. To sign up for a live Zoom QPR training, simply email [whidmeg@ecok.edu](mailto:whidmeg@ecok.edu) with a QPR training request. This training takes approximately 1-1.5 hours to complete.
- c. To sign up for an asynchronous online training (on your own time, at your own pace):
  - i. Ensure your speakers or headphones are working and turn off your popup blocker.
  - ii. Navigate to <http://www.qprtraining.com/setup.php>.
  - iii. Enter the organizational code: ECOK.
  - iv. Follow the screen prompts to create an account. You will be shown a link to login into the training, your User ID, and Password. Your User ID and Password will be emailed to you as well.
  - v. Click on the link to log in to the QPR Gatekeeper website. Proceed through the training as directed by the online navigation tools. This course will take approximately one hour.

### 3. **Additional student webinars** can be found at [Active Minds](#).

## Self-Care Tips

The following are some tips for self-care during the COVID-19 pandemic. Additional tips and suggestions can be found at the links that follow.

1. Make your at-home work or school space comfortable and cozy.
2. Make time to unwind.
3. Start a gratitude journal.
4. Video chat with your friends and family.
5. Create a playlist of your favorite songs.
6. Get your information from reputable sources like the [CDC](#) or [WHO](#), but implement limits for your media consumption.
7. Call a mental health provider (see resources listed herein).
8. Find an online support group. Check out virtual support groups in Oklahoma [here](#) or [here](#).
9. Stay active and get plenty of exercise and sleep.
10. Talk about your feelings.
11. Protect yourself by following current social distancing and hygiene guidelines and be supportive of others.
12. Find apps that can help you navigate your emotions, such as:
  - a. [Stop, Breathe & Think Meditation app](#)
  - b. [Reflectly Journal for Happiness](#)
  - c. [Jour: Journal for Mindfulness](#)
  - d. [Moodnotes - Mood & CBT Tracker](#)
  - e. [Woebot - Your Self-Care Expert](#)
  - f. [Chess Health Addiction Recovery App](#)

## Additional websites on mental health and self-care during COVID-19:

1. CDC's "[Manage Anxiety and Stress](#)" page provides what stress can look like and tips to manage that stress.
2. [Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care](#)
3. [Working and Learning from Home](#)
4. The National Child Traumatic Stress Network has a [guide](#) for parents and caregivers to help families cope with the Coronavirus Disease 2019 (COVID-19).
5. Mental Health America has compiled a range of resources and information on their "[Mental Health and COVID-19](#)" page.
6. SAMHSA's "[Coping With Stress During Infectious Disease Outbreaks](#)" page outlines the signs of stress and steps you can take to alleviate stress.
7. SAMHSA's "[Taking Care of Your Behavioral Health](#)" page provides tips for social distancing, quarantine and isolation during an infectious disease outbreak.
8. [COVID-19 and Social Isolation Resources: How to stay connected while intentionally isolated.](#)
9. SAMHSA's "[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)" page provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak.
10. The Suicide Prevention & Resource Center has also compiled a selection of [web pages and information sheets](#) on mental health and coping with the effects of COVID-19.