

COVID-19 Resource List

Resources for Students in Crisis (all available 24/7)

- FAU CAPS Crisis Line: 561-297-3540
- National Suicide Prevention Lifeline: 1-800-273-8255
- Palm Beach & Broward County Crisis Line: 211
- Crisis Text Line: Text HOME to 741741

Resources to Support Students' Mental Health

- U.S. Centers for Disease Control and Prevention (CDC) - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- Toolkit for Caring for Coronavirus Anxiety (Shine/Mental Health America) - <https://www.virusanxiety.com/>
- Coping and Staying Emotionally Well During COVID-19 Related School Closures (Active Minds) - <https://www.activeminds.org/blog/coping-and-staying-emotionally-well-during-covid-19-related-school-closures/>
- COVID-19 and Managing Emotional Health (Jed Foundation) - <https://www.jedfoundation.org/covid-19-and-managing-mental-health/>

Apps for Stress Management/Mindfulness

- Headspace - <https://www.headspace.com/headspace-meditation-app>
- Stop, Breathe, Think - <https://www.stopbreathethink.com/>
- Mindshift - <https://www.anxietycanada.com/resources/mindshift-cbt/>
- Calm - <https://www.calm.com/>

Helping Students Adapt to Online Learning

- FAU CLASS Tips for E-Learning Success - <http://www.fau.edu/class/esuccess/keys-to-success.php>

Resources for Coping with Social Distancing

- 10 Ideas for Coping with Loneliness (Psychology Today) - <https://www.psychologytoday.com/us/blog/in-love-and-war/202003/10-ideas-coping-loneliness-during-social-distancing>

For frequently updated information on COVID-19

- U.S. Centers for Disease Control and Prevention (CDC) www.cdc.gov/coronavirus/2019-ncov/index.html
- World Health Organization (WHO) www.who.int/emergencies/diseases/novel-coronavirus-2019
- American College Health Association (ACHA) <https://www.acha.org/COVID-19>