



Emotional and Mental Wellness Support Resources for Students, Residents, and Professionals

Negative emotions such as Stress, Anxiety and Worry, and even Depression are natural byproducts of Crises situations. Students, Providers, and Professionals impacted by the surge of common needs associated with the COVID-19 pandemic are encouraged to maintain a positive focus on self-care as they also focus on providing quality care to others.

Mental Health/Emotional Virtual Support Services

OSU-CHS Students, Residents, and Medical Providers who are interested in virtual mental health/emotional health support can contact OSU- CHS Counseling Services at:

Telephone (918) 561-1822 with confidential voicemail.

Via Email at: osuchs.counseling@okstate.edu

Or schedule virtual visits directly at: <https://CHSCounselingServices.as.me/>

Licensed mental health providers are on staff to provide virtual services Monday through Friday, 8 a.m. to 5 p.m.

Resources	Description of Services	Provided by	Location
Mental Health and Emotional Wellness Support Services	Support calls and counseling sessions are currently open to all OSU Medicine & CHS employees & trainees	OSU-CHS Counseling Services Staff	Sessions are virtual and can be accessed at: (918) 561-1822 osuchs.counseling@okstate.edu or scheduled at: https://CHSCounselingServices.as.me/
Guidance Resources for Students	Guidance Resources offers 24/7 phone counseling and solutions to work life integration	OSU-CHS	866-519-8354 Guidanceresources.com Student Web ID: OKSTATESAP
Guidance Resource for Employees and Residents	Guidance Resources offers 24/7 phone counseling and solutions to work life integration as part of OSU's EAP	OSU-CHS HR	855-850-2397 Guidanceresources.com Employee Web ID: OKSTATEEAP Further Human Resource information at: https://health.okstate.edu/hr/benefits.html
Wellness Support Team	Wellness Team available to respond to concerns about self or others and help connect to resources **not a crisis service**	Wellness Support Team at CHS	Concerned about someone? Need help connecting to resources? Complete person of concern form at: https://health.okstate.edu/centernet/person-concern.html Submissions can be made anonymously
CDC Information on Coping with Disaster	Fact Sheet	The CDC	Click to follow this link: https://emergency.cdc.gov/coping/pdf/Coping_w_ith_Disaster.pdf



CDC Information on COVID-19	Fact Sheet	The CDC	Click to follow this link: https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf
NAMI HelpLine	The National Alliance on Mental Illness helpline for dealing with COVID-19	NAMI.org	Click to follow this link to access information: https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US
“Coping with the Coronavirus Anxiety” by Kati Morton, LMFT	Video on coping with the stress of the COVID-19 Pandemic	Unicef YouTube Channel	Click to follow this link: https://youtu.be/UGs-XJdO3VI
Headspace	A mindfulness and meditation app with tutorials and guided exercises	Headspace, Inc.	Click to follow this link: https://www.headspace.com/ Headspace is now offering free premium access (through 2020) for healthcare providers; sign up with your NPI (National Provider Identification #) https://www.headspace.com/health-covid-19
Crisis Text Line	The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information.	Free to anyone	Text HELLO to 741741 to receive help today.
We encourage all OSU-CHS and OSU Medicine members to contact us if you need help.			

More apps for Mindfulness and/or Meditation:

[Buddhify](#) (completely free)

[InsightTimer](#) (completely free with thousands of guided meditations)

[Calm](#) (free trial)

Depression Treatment Apps:

[Moodpath](#) (app for Android and iPhone)

[Daylio](#) (free private diary)

Anxiety Treatment Apps:

[Rootd](#)

Breathe2Relax (for [iPhone](#) and [Android](#))

