

KICKING QUARANTINE PORN HABITS: ACCESSING VIRTUAL CARE

We understand that with more alone time and extended distance from support systems, students who struggle with compulsive porn use may be looking for access to online assistance. Below are a few resources you may find helpful. Whether you have sought help before or are just starting your journey, remember you are loved, and you are not alone.

CALVIN UNIVERSITY RESOURCES

Campus Ministries and the CCW are *confidential campus resources*

- The Center for Counseling and Wellness provides a [list of resources](#) for any student looking for individual services, including possible referrals.
- The Center for Counseling and Wellness offers a variety of [virtual support groups](#) by appointment and drop-in, including Step One, a pornography cessation support group for male-identifying students.
- [Calvin Campus Ministries](#) chaplains are available to meet with students via Microsoft Teams. To schedule an online appointment with Pastor Mary or Pastor Matt, e-mail pastormary@calvin.edu or pastormatt@calvin.edu.
- The Coordinator for Student Success and Sexuality Programming is available to meet virtually with students who have questions about healthy sexuality. No question is unwelcome. You can schedule an appointment with Kelsey Colburn at kjc49@calvin.edu.

EXTERNAL RESOURCES

- The Substance Abuse and Mental Health Services [National Helpline](#) is a free, confidential, 24/7 treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. They can help direct you to providers in your state.
- [This article recommends six apps](#) that help you kick compulsive porn use from the safety of your home.
- For students in Michigan, [Pine Rest Mental Health Services](#) offers individual teletherapy and group therapy. Pine Rest takes most insurance and may be able to assist individuals with financial need.
- [The American Psychological Association](#) offers an online provider locator. Input your zip code and browse a list of service providers near you.
- Fight the New Drug's [resource page](#) lists options for recovery assistance as well as conversation starters for families and partners.

GUIDANCE AND GOOD PRACTICE

- Find an ally or support partner who help can you meet your goals. Pick a person or persons you trust implicitly, friends or family members you can be completely honest with. Connect for daily or weekly encouragement and accountability - this can be via phone or video chat.
- Address underlying issues. When working with a therapist or counselor, address the *why*. If you are experiencing mental health issues attached to or combined with excessive porn use, we encourage you to work through this with your provider.
- Do not beat yourself up if you relapse. Work through your grief and frustration with a counselor or trusted friend, but know that growth and recovery are not always linear. **There is no shame in your recovery journey. Don't give up.**

SIGNS AND SYMPTOMS OF PORN ADDICTION

- Using porn in greater amounts or over longer periods of time than intended
- Trying to stop using porn but not being able to
- Having difficulty controlling porn use
- Using porn in situations that impose physical dangers
- Continuing to use porn despite negative effects on work or relationships

