CCW services during COVID-19
[Updated 03/15/20]

During the COVID-19 precautionary period, strategic measures are being taken by the Center for Counseling and Wellness (CCW) to support the physical safety of our community through social distancing, in collaboration with the rest of Calvin University. As a result, no in-person services are being offered through CCW at this time. CCW staff remain actively engaged in supporting the mental health needs of Calvin students in a variety of other ways.

The following online resources are available on a 24/7 basis, and students are encouraged to actively take advantage of these throughout the period of online instruction at Calvin in order to support mental wellness:

**Therapist-Assisted Online (TAO)**

Using their Calvin email address to log in, students have access to free mental health training online at [https://thepath.taoconnect.org](https://thepath.taoconnect.org). The use of TAO videos, activity logs, and mindfulness tools has been shown by research to be just as effective as individual therapy, and the evidence-based CBT approach of the program guides students in managing a wide variety of mental health symptoms. Log in today to engage with pathways that will help to reduce anxiety and depression while supporting overall mental wellbeing!

**Peer Listener Program online (7 Cups)**

Calvin students have access to the Calvin Support System within the chat-based peer listener program at [www.7cups.com](http://www.7cups.com), using an organizational code available from the CCW office (email counseling@calvin.edu). Students are encouraged to sign up as listeners (to support others) and as members (to be listened to). Training is provided for all peer listeners, and reporting mechanisms are in place to ensure that all users are following the clear boundaries and guidelines of the listening platform. Log in today to participate in a community of caring Calvin students online!

**Wellness tips @thriveatcalvin (Instagram)**

By following CCW at [www.instagram.com/thriveatcalvin](http://www.instagram.com/thriveatcalvin), students can learn and review mental wellness strategies applicable through this period of social distancing. New and old posts are both practical and authentic, including a lineup of Testimony Tuesday stories from fellow students. Follow us today for regular reminders that you are not alone in your struggles!

**Self-help resources**

The CCW has collected a variety of free online self-help resources, available at [https://calvin.edu/offices-services/counseling-and-wellness/resources/self-help-resources](https://calvin.edu/offices-services/counseling-and-wellness/resources/self-help-resources). Using an app (such as Headspace or Sanvello) is a great way to create a customized package of coping skills and to set up a reminder system for implementation! In addition, the CCW homepage at [www.calvin.edu/go/counseling](http://www.calvin.edu/go/counseling) provides ideas and resources related specifically to managing anxiety related to the COVID-19 pandemic.

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Given the limitations on social gatherings and in-person connections in this time of social distancing related to COVID-19 precautions, most CCW groups, workshops, and individual counseling sessions are either suspended or significantly modified until further notice. Students with preexisting appointments will be contacted by their counselor to discuss options and next steps. Students experiencing acute mental health symptoms are encouraged to access professional support as follows:

**CCW counselor connections**

Current CCW clients experiencing acute mental health symptoms may have access to limited videoconference sessions with their current counselor if they are in the state of Michigan. While no intake screenings for new CCW clients are being conducted at this time, students can obtain a phone consultation to discuss options for meeting mental health needs. CCW hours are M-F 8-5, and the office will be closed over spring break.

**Referrals**

Students who are out of state are encouraged to connect with local mental health resources, as the current law does not allow counselors to provide teletherapy outside of their state of licensure. Students may have access to brief, temporary consultative support via videoconference or phone to help transition to a local provider or to access emergency mental health services as needed. Students in the Grand Rapids area who are seeking in-person counseling support can access a referral list of available providers at [https://calvin.thrivingcampus.com/](https://calvin.thrivingcampus.com/), or contact the CCW office for assistance with a more direct referral.

**Emergency mental health support (24/7)**

Students experiencing a mental health emergency should contact one of the following crisis resources immediately:

- Calvin University Campus Safety
  616-526-3333
  [https://calvin.edu/offices-services/campus-safety/](https://calvin.edu/offices-services/campus-safety/)

- Pine Rest Contact Center or Urgent Care Center
  616-455-9200
  [https://www.pinerest.org/contact-us/](https://www.pinerest.org/contact-us/)

- National Suicide Prevention Lifeline
  800-273-8255 or text HOME to 741741
  [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)

Examples of mental health crises include (but are not limited to) suicidal urges, disconnection from reality, problematic substance misuse, significantly impaired functioning, or a traumatic experience (ex. assault or major loss).

Thank you for working with us to stay physically and mentally healthy during this COVID-19 season! Please let us know if you have any questions or concerns that arise as we navigate these unchartered waters together. We are here for you!

Sincerely,
CCW Staff