

Even if you don't like hiking, you can still enjoy being outside. Try hammocking, watching the sun set, fishing, or going for a photo walk. More ideas for things to do during stay at home can be found on page 6. Script photo/ Heidi Voigt.



COUNSELORS

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Students who already are working with a therapist can email that provider directly or call 723-6085 to schedule a time to meet with their provider. We are hopeful that it will be a smooth transition for our students.

How is the counseling department handling new incoming students?

Students who would like to schedule services with a mental health provider can call the Counseling Center at 723-6085 to schedule or email mbartikoski@css.edu to schedule an appointment.

Will the counseling sessions be offered via Zoom/FaceTime or will it be primarily through a messaging service?

Services will be offered through Zoom to students.

How will the counseling service provide a confidential space if they are using an online program?

Zoom has special features for healthcare providers to ensure confidentiality and privacy. Services will be confidential on this platform.

How does quarantine and social distancing affect mental health?

Mental health can certainly be affected during times of uncertainty and can cause increased anxiety for many. Others experience frustration, a sense of boredom, loneliness and/or a mix of these emotions during times of quarantine or social distancing. Some periods of intense feelings including anxiety are common, but do not hesitate to seek support if you begin to feel overwhelmed or if negative emotions do not pass in several days.

It is important to continue to engage and connect with others through social media or video chatting. Enjoy your pets. Schedule time daily for self care. Get outside while maintaining physical distancing. Exercise as approved by your medical provider. Find one productive task to accomplish each day. Keep a sense of humor. An important way to think about our current environment is that we need to physically distance ourselves while maintaining social connection!

Due to social distancing and our desire to create a safer world, The Script is conducting all interviews virtually. Information in this article was obtained through a combination of email, phone, and/or video chat interviews.