

## **COUNSELING SERVICES**

As you may be aware, Ursuline College has made the decision to shift to online learning in response to the Coronavirus (COVID-19) pandemic and directives issued by Ohio Governor Mike DeWine and the Centers for Disease Control (CDC). Counseling Services is making temporary changes to align with the college's shift to employ "social distancing", a primary practice being used to help manage exposure to, and the spread of, COVID-19.

Counseling Services is implementing the following changes...

Dr. Anita Forsberg Culbertson will be offering personal phone therapy to any currently established students, faculty, or staff, who are experiencing "significant mental health distress" that would not more appropriately be served in a hospital setting or by calling 911. If you would like to contact Dr. Anita to schedule a phone therapy session, please email her at [aculbertson@ursuline.edu](mailto:aculbertson@ursuline.edu) or you can contact her office phone at 440.646.8323 or her mobile work phone at 440.221.1350. Her hours of availability will be from 8am to 4pm Monday through Friday. If you leave a message after the scheduled work hours, or on weekends, please know that those messages will be picked up on the next business day and returned as soon as possible. Anyone who has not been seen by Ursuline College's Counseling Services this academic year, will need to be referred out, due to the State of Ohio's Licensing Board requirements that intake assessments must be done in person. I am more than happy to try and help you to find resources in your area, should you need additional assistance.

We apologize for any inconveniences these changes may cause, but are doing our best to continue to assist all of you in being as successful as you can be in these complex times.

We have included "Psychological Tips for Stressful Times" at the close of this statement and hope you find the "Recognizing Distress Self-Checklist" and "Psychological Health Tips" helpful in making you aware of your inner stress levels so that you can put stress-reducing techniques in place before you become overwhelmed. Awareness is the first step toward centeredness. We have also included a "Resource List" of Hotlines and Community Resources, should you need any additional support until we get back to business as usual.

Sincerely,

Ursuline College Counseling Services

# **Psychological Tips in These Stressful Times**

## **Recognizing Distress - A Self-Checklist**

1. Increased anxiety, worry, fear, and feelings of being overwhelmed
2. Depressive symptoms that persist and/or intensify
3. Inability to focus or concentrate accompanied by decreased academic performance
4. A feeling of hopelessness and/or a paralyzing fear about the future
5. Sudden anger and disruptive behaviors or noticeable changes in personality
6. Sleep difficulties
7. Excessive crying
8. Isolating or withdrawing from others, fear of going into public situations
9. Unhealthy coping (e.g., increased alcohol or drug use, engaging in risky/impulsive behaviors)

## **Psychological Health Tips**

1. **Acknowledge reactions.** Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears and uncertainties of the future. Now is a wonderful time to start journaling. Just be sure NOT to reread what you write. Remember, we want to get the negative energy out and NOT put it back in.
2. **Maintain your day-to-day normal activities and social outlets.** Resist withdrawing and isolating yourself from the support and caring that others can provide. Once you force yourself you usually won't regret it...especially if you can enjoy some sunshine.
3. **Seek accurate information** from "The Centers for Disease Control and Prevention," and limit exposure to uncertain sources.
4. **Pay attention to positive news** instead of only focusing on negative and fear-producing reports. End your day with a video that makes you laugh or warms your heart, rather than the news.
5. **Follow the protection and prevention tips given by medical professionals, national medical authorities and your own medical doctor.** Don't go on hearsay or social media information.
6. **Practice calming rituals.** Stay grounded in the present moment, which can help you maintain an internal sense of stability and balance when outside events feel threatening. Practice "Relaxation Breathing" using "in through the nose and out through the mouth that makes your belly raise and lower".
7. **Exercise to distract from overthinking.** If you find yourself not able to turn off those negative thoughts or fears, go for a walk/jog/run in nature and get those natural endorphins going. Soon you will find that you are noticing your outer surroundings instead of your inner thoughts.
8. **Seek supports and use campus resources.** Reach out to friends and family and learn about our campus resources. If you or someone you know has high distress that does not seem to be lessening, talk about it with others or contact Counseling Services, as stated above. If you find Spiritual Direction to be a comfort at this time, please contact our Campus Ministry at Paula.Fitzgerald@ursuline.edu. Your campus community is here to help!

## **RESOURCES**

### **Fire, Police, or Medical Emergencies**

Dial 911

### **24-hour Adult Protective Services (APS) Hotline**

Elder abuse, neglect, or exploitation - Cuyahoga County

Division of Senior and Adult Services

216-420-6700

<http://dsas.cuyahogacounty.us/en-US/adult-protective-services.aspx>

### **24-hour Child Abuse Hotline**

Child abuse, neglect, or exploitation - Cuyahoga County

Division of Children and Family Services

216-696-KIDS (5437)

<http://cfs.cuyahogacounty.us/>

### **Cuyahoga County Suicide Prevention, Mental Health Crisis, Information and Referral Hotline**

216-623-6888

<http://adamhsc.org/>

### **Substance Abuse and Mental Health Services (SAMHSA) Treatment Referral Hotline**

1-800-662-HELP (4357)

1-800-487-4889 (TTY)

<http://findtreatment.samhsa.gov/>

### **Cleveland Rape Crisis Center**

24-Hour Hotline: 216-619-6192

<http://www.clevelandrapecrisis.org/>

### **National Domestic Violence Hotline**

24/7 Hotline: 1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

<http://www.thehotline.org/>

### **National Runaway Safeline**

24-hour Hotline: 1-800-RUNAWAY (786-2929)

<http://www.1800runaway.org/>

### **Poison Control**

Free 24-hour hotline

1-800-222-1222

**National Suicide Hotline**

1-800-273-8255

<http://www.suicidepreventionlifeline.org/>

**Domestic Violence and Child Advocacy Center (Greater Cleveland)**

**24-hour Domestic Violence Helpline:** 216-391-HELP (4357)

**Family Helpline:** 216-229-8800

<http://www.dvcac.org/>

**United Way's First Call for Help**

Dial 211 or 216-436-2000

<http://www.211cleveland.org/>

**Recovery Resources**

(216) 431-4131

3950 Chester Avenue Cleveland, Ohio 44114

<http://www.recres.org>

Assessment, Community Psychiatric Supportive Treatment, Counseling, Employment/Vocational Services, Forensic Monitoring, Partial Hospitalization, Pharmacological Management, Self-Help/Peer Support, Consumer-Operated Services, Subsidized Housing, Other mental health services

**FrontLine Services**

(216) 623-6888

Also known as **Mobile Crisis**

1744 Payne Avenue, Cleveland, Ohio 44114

<http://www.frontlineservice.org>

Assessment, Crisis Intervention, Community Psychiatric Supportive Treatment, Counseling, Employment/Vocational Services, Pharmacological Management, Other Mental health services