

UF Counseling Services During COVID-19

Although UF Counseling Services is physically closed we are still “open” for business. Our aim is to continue to serve are students as best as we are able. You can reach us at counselingservices@findlay.edu for any questions, to schedule an appointment or for a brief consultation. We are using HIPAA compliant software for video/teletherapy. Although there are some nuances to providing services for students who are physically out of the state of Ohio, we still encourage you to reach out to us. Let us worry about the details.

All UF students have access to the [TAO mental health app](#): <https://thepath.taoconnect.org/local/login/index.php> by signing up with your fndlay.edu email. This might be a great time to engage self-help through this. It has self-screening tools, educational modules for managing stress, anxiety, and depressed mood and so much more! It also includes relaxation and mindfulness guides for your use.

If you would like to locate services near you, at your own expense, you can contact your community mental health center (search by county) or through this link. [Therapy Finder](#): <https://www.psychologytoday.com/us/therapists>

If you are experiencing a mental health crisis and you are concerned for your safety, or for someone else’s safety, please call 911 immediately. You may also call the following 24/7 crisis lines:

National Suicide Prevention Lifeline: 800-273-8255

Crisis Text Line: text ‘4hope’ to 741-741

Local Crisis Line: 888-936-7116