

May 11 Update Regarding UF Counseling Services

Hello Oilers!

We did it! We made it through a most unusual semester. Hopefully with the weight of classes and the constant screen time being a little behind us, you are feeling some relief and breathing room. Soon we hope to begin resuming some normal activities. You should be proud of yourself for managing the unexpected of this semester--we are proud of you! The adaptability and resilience you have demonstrated will continue to serve you well as you prepare for an Oiler Strong future!

Just a reminder to take a moment to check in with yourself -and with others- to see how you are doing emotionally. Some common emotions during this time have been loss, loneliness, and frustration. And if you are struggling with sleep, motivation, and energy you are certainly not alone.

Consider taking an [anonymous mental health screening](#) to check in on your mental health. Please reach out to others, both to receive support and to extend support.

If you are interested in some apps for mental health, check out some of the following, considered top-rated for self-help. Most are free unless you 'tier up' for higher levels of services.

[Headspace](#) for meditation, mindfulness, and sleep support.



[Sanvello](#) (formerly Pacifica) for cognitive-behavioral therapy-based approaches for stress & anxiety.



[Happify](#) to help overcome negative thoughts, stress and life challenges.

Please keep these numbers below for use in the event of an emergency. If you are experiencing suicidal thoughts, please call a support person, call 911 or go directly to your local emergency room for assistance.

Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text 'start' to 741-741

Hancock County Local Crisis Hotline: 1-888-936-7116

Take care Oilers,

UF Counseling Services
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