

April 2020
Special Edition Number 4



THE WHALE WATCH

"Looking Out for Yourself and Others"

**Feeling Down, Stressed or Overwhelmed?
We are Here to Help!**



Telecounseling Available!

Dear Students:

In response to the COVID-19 pandemic we are pleased to announce that ***The Center for Student Wellness and Counseling Services (CSWCS)*** is able to continue to provide counseling services to NEOMED students through the telecounseling platform ***TAO Connect***. This is in response to the Governor's temporary orders releasing some legal restrictions on telecounseling services during this significant time of need.

Our CSWCS Counselors provide direct individual ***telecounseling services*** for a variety of concerns, including stress, burnout, time management, relationship problems, anxiety, depression and other matters related to a student's overall mental well-being.

**Give Telecounseling
A Try!**

You may contact us at 330.325.6757 or via email at counseling@neomed.edu to set up your first appointment.

Our current hours:
Monday-Friday, 8 a.m. to 5 p.m.

Check out our special edition **Whale Watch** newsletter each week for specific topics related to coping during this pandemic!



In addition, there are many self-help resources available on our website including the Therapy Assistance Online Self-Help Program called **TAO Connect**.

Call **330.325.6757** or email counseling@neomed.edu or refer to our [website](#) for more information.

If you are experiencing an emotional or psychiatric crisis and are unable to reach a NEOMED counselor, please refer to the following Crisis Resources:

- IMMEDIATE LIFE-THREATENING CALL 9-911
- NEOMED Police: 330.325.5911
- NEOMED Security: 330.325.6489
- National Suicide Prevention Hotline: 800.273.8255
- Crisis Text Line: Text 741-741 for immediate, anonymous and free assistance
- Sexual Abuse National Network: 800.656.4673

Sincerely,

**The Center for Student Wellness
and Counseling Services**

330.325.6757

neomed.edu/cswc

counseling@neomed.edu