TIPS FOR PSYCHOLOGICAL HEALTH

We are aware that students may be impacted by distress related to coronavirus (COVID-19).

- Acknowledge emotional reactions: Take a moment to reflect on and name your emotional reactions.
- Stay with facts: New information is regularly emerging. Access updates from Student Health Services, the CDC, and the UAlbany Coronavirus Information webpage.
- Stay protected: Practice the guidelines and recommendations to prevent disease transmission.
- Stay calm: Practice calming rituals and maintain your daily routine.
- Stay hopeful: Focus on positive news.
- Seek out support: Reach out to friends, support groups, family, and resources on campus such as CAPS (518-442-5800) and the Middle Earth Hotline (518-442-5777).

RESPECT AND INCLUSIVITY

CAPS is committed to providing psychological support to all students and to promoting an inclusive and respectful campus culture. CAPS urges all members of the campus community to

- Be mindful of behavior and speech
- Avoid generalizations or assumptions about individuals
- Examine any thoughts not based in fact, which may exist when there is uncertainty
- Practice compassion and empathy