

Resources for International Students from Coronavirus (COVID-19) Affected Areas

In full support of our international students impacted by coronavirus, the University at Albany and local community offers a number of programs, services and other assistance during this challenging period. Please review the resources below and if there is something you need not represented in this list, please reach out to CARE Services (sdalessandro@albany.edu) or International Student and Scholar Services (iss@albany.edu).

Emotional and Counseling Support

- Psychological Tips for Managing Concerns Related to COVID-19: https://www.albany.edu/counseling_center/docs/COVID-19-Psych-Tips.pdf
- Counseling and Psychological Services (CAPS) offers one-on-one counseling, including walk-in hours (Let's Talk). Visit the CAPS website for more information (<https://www.albany.edu/caps>), call 518-442-5800, or email consultation@albany.edu.
- Self-Help resources - Visit the CAPS self-help resources page (https://www.albany.edu/counseling_center/resources.shtml) for more information about anxiety and stress management, self-care, better sleep, and more.
- Off-Campus Counseling and Therapy - You may consult the Behavioral Health Case Manager at CAPS (518-442-5800) for off-campus referrals.

Meals, Food and Incidentals

- Food Pantries – UAlbany has its own food pantry - Learn more about Purple Pantry (<https://www.albany.edu/purplepantry>) and other pantries in the local area (<http://www.thefoodpantries.org/community-resources.html>)
- Campus Gold - This program advances funds to use on campus for meals and incidentals. For more information, visit <https://www.albany.edu/uas/munchvpodium.php#CG1>

On Campus and Off Campus Employment

- On Campus Job Opportunities - Visit the Office of Career and Professional Development for assistance (SL-G50) or email them at career@albany.edu
- Off Campus Economic Hardship Employment for Qualifying International Students (those experiencing severe, unforeseen and demonstratable need) - Visit International Student and Scholar Services (ISSS) in SL-G40 or email them at iss@albany.edu.

Financial Support

- UAlbany Emergency Fund for students- Visit the Student Affairs website for more details on eligibility and application process: <https://www.albany.edu/studentaffairs/emergencyfund.shtml>
- Institute for International Education (IIE) Grants for qualifying international students from China, Hubei Province - Visit International Student and Scholar Services (ISSS) in SL-G40 or email them at iss@albany.edu
- ISSS Financial Assistance page - for information about other funding opportunities visit <https://www.albany.edu/iss/92765.php>
- Do you have a UAlbany student account balance needing to be paid? To discuss how best to pay your balance given your current circumstances, please visit UAlbany Student Accounts in CC G-28 or call 518-442-3202

Other Resources

- UAlbany Dean of Students-Student CARE Services: <https://www.albany.edu/dos>