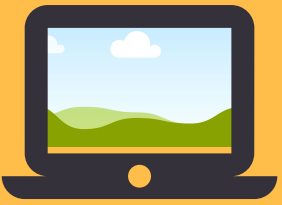


SELF-HELP RESOURCES FOR COPING DURING THE CORONAVIRUS PANDEMIC

Active Minds: Mental Health Amid the COVID-19 Pandemic:
activeminds.org/about-mental-health/be-there/coronavirus/

**AppState Sports Psychology: Support and
Mental Health Podcast series, available to all:**
[appstatesports.com/sports/2020/1/30/app-state-sport-
psychology-services.aspx](https://appstatesports.com/sports/2020/1/30/app-state-sport-
psychology-services.aspx)

ONLINE RESOURCES



Calm: Free Mindfulness Resources:
calm.com/blog/take-a-deep-breath

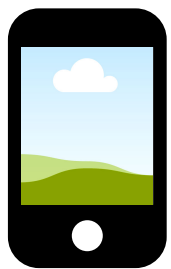
**NPR: COVID-19 Etiquette: 6 Common Conundrums
and a Printable Pocket Guide**
[npr.org/2020/07/28/896134292/covid-19-etiquette-6-
common-conundrums-and-a-printable-pocket-guide](https://npr.org/2020/07/28/896134292/covid-19-etiquette-6-
common-conundrums-and-a-printable-pocket-guide)

**JED Foundation: COVID-19 Resource Guide for
Students, Teens and Young Adults:**
[jedfoundation.org/covid-19-resource-guide-for-students-
teens-young-adults](https://jedfoundation.org/covid-19-resource-guide-for-students-
teens-young-adults)

The Wellness Society: Coronavirus Anxiety Workbook:
[thewellnesssociety.org/wp-content/
uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf](https://thewellnesssociety.org/wp-content/
uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf)

For mindfulness and relaxation:

APPS



- Breathe2Relax
- Calm
- Headspace
- Insight Timer

For mood-tracking and building coping skills:

- Calm Harm
- COVID Coach
- Moodnotes
- Sanvello
- SuperBetter
- Virtual Hope Box

MORE SELF HELP ON THE BACK



APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER

counseling.appstate.edu (828) 262-3180

App State Coronavirus Information:

appstate.edu/go/coronavirus

Updates, policies, and support resources.

Counseling Center: (828) 262-3180

counseling.appstate.edu

Instagram: @appstatecounselingcenter

YouTube: youtube.com/user/TheASUCPSCTube

Counseling, workshops, referrals, self-help, etc.

**CAMPUS
RESOURCES**



Dean of Students: (828) 262-8284

deanofstudents.appstate.edu

Resources for finances, housing, employment, etc.

Student Health Services: (828) 262-3100

healthservices.appstate.edu

Student Learning Center: (828) 262-2291

studentlearningcenter.appstate.edu/home/keep-learning

Academic coaching, study skills, adjusting to online classes.

Wellness Center: (828) 262-3148

wellness.appstate.edu

Collegiate Recovery Community, KORU mindfulness classes, online events to connect with others, and more.

**MORE
IDEAS**

