

COUNSELING & WELLNESS
Bear Package for Students
COVID-19 Resources



As we all settle into our new routines, New York Tech’s Counseling and Wellness Center would like to provide you with resources, ideas, and ways to take care of yourself during this time of social distancing. Know that we are here to support your needs!

Individual and Group Counseling:

Counselors from our Long Island and New York City Counseling and Wellness Centers are offering individual and group counseling via Zoom video/call for all students:

Long Island Campus Individual Counselors:

Alexandra Lo Re, alore@nyit.edu
Joan O’Connor, joconnor@nyit.edu

New York City Campus Individual Counselors:

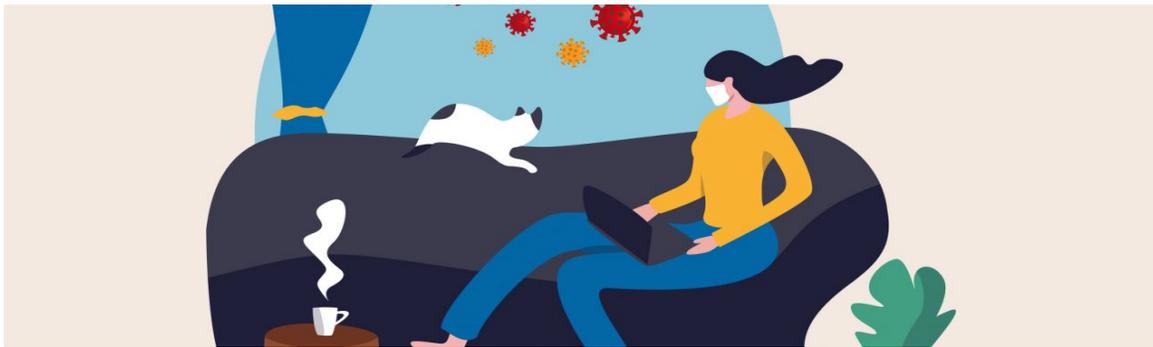
Michael Schneider, mschne01@nyit.edu
Tiffany Ciprian, tcipri01@nyit.edu



Group Counseling:

The Counseling Center is also offering group counseling sessions over Zoom for students who are struggling with stress or anxiety. This is a platform in which you and other students can share experiences, express concerns, and support each other with an experienced counselor leading the group. Sign up for Zoom group counseling sessions: <https://forms.gle/bv1sXQQgPNERpPZEA>

Other Resources and Updates: nyit.edu/counseling



Let's Teletalk:

Let's Teletalk is designed to provide informal, one-on-one confidential consultation with one of New York Tech's professional counselors. Our virtual drop-in sessions will be held every Tuesday from 1 - 2 p.m. via [Zoom](#) for the remainder of the spring semester. Students are seen on an individual first-come, first-served basis. There may be a wait in the virtual waiting room, but we'll be with you as soon as possible!

Meeting ID: 718 224 903

Password: 011354

Health Insurance:

If you have questions or concerns about your Aetna Student Health Insurance or COVID-19 coverage, visit www.aetnastudenthealth.com. For questions about enrollment, email Yahaira Ruiz at yruiz@nyit.edu

Accessibility Services:

Transitioning to an online learning platform can be a difficult adjustment. For students who are seeking more information on New York Tech's accessibility services, please reach out to Walter Mayer at wmayer@nyit.edu or visit nyit.edu/accessibility.

Hotlines:

The following hotlines are available 24 hours a day, 7 days a week if you or a loved one need help after hours. Services are free and confidential.

- Suicide Prevention Hotline
800.273.8255
suicidepreventionlifeline.org
- NYC Mental Health Hotline
888.NYC.WELL
Text "WELL" to 65173
nycwell.cityofnewyork.us/en
- Domestic Violence Services
800.621.4673
thehotline.org
- Alcohol and Substance Abuse
drugabuse.com/alcohol/hotlines

New York Tech Student Emergency Fund:

New York Tech's Student Emergency Fund seeks to assist students who have been impacted financially by unforeseen circumstances during the COVID-19 crisis. It provides one-time assistance of up to \$500 to New York City and Long Island campus students to address specific financial challenges that jeopardize their ability to stay in school. Check your eligibility: [New York Tech Student Emergency Fund Requirements](#).

Feeling Restless? Try These Ideas:

- Get your body moving by trying livestream yoga, Pilates, and HIIT, or find a video you like on YouTube.
- Grounding techniques help during moments of anxiety and panic. They keep us focused on the moment. Try the 5-4-3-2-1 method. Identify 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Mindfulness Meditation: Download apps like Headspace or Calm.

- Use the VAR technique to let loved ones and friends know they're being heard and aren't alone. V: validate their feelings. A: appreciate their courage, speaking up can be challenging. R: refer them to skills or additional support.
- If you have a backyard or live somewhere with outdoor space, take a walk—and remember to practice social distancing!
- Listen to your favorite music.
- Try out a new recipe.

Important Do's and Don'ts:

- **Don't** spend your entire day scrolling through social media.
- **Don't** constantly check the news. This can cause extreme anxiety especially if the news is triggering for you.
- **Don't** rely on alcohol, drugs, or prescribed medications to manage emotions.
- **Do** concentrate on what needs to be done today: set realistic goals and accomplish what you can.
- **Do** pick an activity that gives you a break from the news cycle.

How to Ease Anxiety and Stay Busy While Remaining at Home:



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The Power of Technology

While we may not be able to connect with our friends and family in-person, apps like FaceTime and Zoom make it possible to remain connected with our peers. Here are some ideas on how to take advantage of apps and platforms to stay connected:

- FaceTime allows you to add multiple people to your calls. This feature is great for having pizza parties, talking about your new favorite binge-worthy Netflix show, or reconnecting with old friends!
- Netflix has created a new feature called Netflix Watch Party in which you and your friends can all watch the same show and talk about what's going on!
- Museums around the world have created an option to go on [virtual tours](#) of their museums. Take a virtual tour of the Van Gogh Museum in Amsterdam!
- If you're a Disney fan, you can go on a [virtual ride at Disney World!](#) Have fun riding the new Incredicoaster!
- If you're a music fan, you can watch [virtual Broadway shows and concerts](#).

Helpful Apps:

Journals and Organizers



Daylio: With this app you can keep a private journal—for free—and monitor your daily mood and activities to see if and how they affect each other. Think of this as a way to improve your mindset and monitor your moods over the next days and weeks.



Wunderlist: Get organized and plan out your day!

Be Social

Zoom: By now, you're probably well-acquainted with video conference apps that allow you to start and join meetings with your colleagues as you all work from home. However, you can also use the app for video calls with friends and family, with its screen share screen and applications, and even backgrounds that you can customize!

Stay Connected with New York Tech Virtual Events: Many students activities and club meetings are being held virtually on a daily basis. They're a great way to stay in touch with your fellow students, unwind, and learn about great resources. Check out the [online events calendar](#) on nyit.edu and our posts on our social media channels for information about online movie nights, arts and crafts, cooking classes, poetry slams, short story "roulette," bingo, and other contests.

Contact-Free Delivery: Satisfy any craving with delivery from popular neighborhood restaurants and chains that'll deliver right to your door! Support local business from the comfort of your own home when you order through any of the following apps:



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