



TAKING CARE DURING COVID-19



RESOURCES FOR MENTAL WELLBEING

K-STATE COUNSELING SERVICES

Telehealth Consultation

During this period of social distancing, Counseling Services is pleased to offer telehealth consultation for people located in Kansas.

Group Therapy

Online group therapy services are currently available to students living in Kansas and select other states, due to licensure laws. If you are interested in joining a therapy group, log in to "My Counseling Services" account from the Counseling Services website to see the groups that are currently available and to sign up for a group.

Workshops and Self-Care

Visit the Counseling Services website to access online self-care resources or to join a Zoom workshop on topics such as Moment of Mindfulness and Emotional Fitness.

<https://www.k-state.edu/counseling/student/pandemic/index.html>

For telehealth and Coping with COVID Group, contact Counseling Services at 785-532-6927.

K-STATE FAMILY CENTER

The Family Center is offering individual, couple and family teletherapy. Clients are charged according to a sliding fee scale which accommodates those in financial distress.

<https://www.hhs.k-state.edu/familycenter/>

NATIONAL GRAD CRISIS LINE

Graduate students receive free, confidential telephone counseling, crisis intervention, suicide prevention, and information and referral services from specially-trained call-takers. All counselors have completed training to understand the unique issues faced by graduate students. In addition to listening to and empathizing with a caller's concerns, counselors assess the caller's lethality risk, counsel, and offer various local support services and mental health resources for follow-up.

1-877-472-3457

<https://gradresources.org/crisis/>

IGEN RESOURCES FOR GRAD STUDENT WELLBEING

Compiled by the Inclusive Graduate Education Network (IGEN), the second page of this document lists numerous resources to support graduate student wellbeing.