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.

Coping with COVID Group
This group provides students a safe place to both provide and receive social and emotional support; learn about helpful strategies and resources to deal with the pandemic; and explore and process the myriad emotions and thoughts associated with its impact. The group meets through Zoom on Tuesdays, 1-2:30 p.m. and is open to enrolled K-State students living in Kansas and other select states, depending on licensure laws.

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.

NATIONAL GRAD CRISIS LINE
This line helps graduate students reach free, confidential telephone counseling, crisis intervention, suicide prevention, and information and referral services provided by 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.
# RESOURCES FOR SUPPORTING GRAD STUDENT WELLBEING

## 1. Mental Health & Wellness
- Talkspace
- Very Well Mind
- U Lifeline
- NAMI (National Alliance on Mental Illness):
  - **helpline**: 800-950-6264
  - **or text** NAMI TO 741741

## 2. Meditation and Mindfulness
- Calm
- Noisli
- Liberate (for People of Color)
- Stop Breathe Think
- Trauma Conscious Yoga
- Black Lives Matter Mindfulness Meditation

## 3. Self Care
- Self-Care Game
- Self-Care Resources
- Creating a Self-Care Plan
- Academic Mental Health Collective
- Active Minds Mental Health

## 4. Managing Stress & PTSD
- A Very Mixed Record on Grad Student Mental Health
- Battling Bullying in Academe
- Coping with PTSD
- Faculty Reflections on Stress
- Identifying PTSD Triggers

## 5. Resisting the Fallacy of Unworthiness
- What Happens After You've Gotten All the A's
- A Phenomenology of Shame, or, Life (and Death) in Graduate School
- CV of Failure
- Debunking the Shame In You Should Be Writing
- Self-Criticism and the Academy
- Still Here, Still Fighting: My Nonlinear Journey to ABD

## 6. Suggested Scholarly Reading
- Austin, 2002
- Gildersleeve, Croom, & Vasquez, 2011
- McGee & Stovall, 2015
- Posselt, Reyes, Slay, Kamimura, & Porter, 2017
- Truong & Museus, 2012

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