

SCS-COVID-19 UPDATES

Student Counseling Services strongly encourages all students to take steps to protect themselves. If you are experiencing feelings of anxiety or stress related to the coronavirus, know that there are resources and services to help you manage your concerns. Visit [CDC-COVID-19](#) for more information.

Be sure to visit [UNA- COVID-19](#) for updated information about the University's response to the coronavirus.

Please be aware of the following:

- *At this time Student Counseling Services will NOT be scheduling individual, in office appointments.*
- *Group therapy and workshop sessions are cancelled until further notice.*
- *If you have a scheduled appointment you will be contacted by your counselor to discuss alternative service deliveries.*
- *Counselors will remain available to serve students and are providing consultation by phone during regular business hours (8:00am – 4:30pm)*
- *While off campus be sure to research your local mental health service agencies and reach out to them if needed.*
- *If you are experiencing a mental health emergency after hours you can call our Community Crisis Line at 256-764-3431, dial 911, or go to the nearest emergency room for assistance.*

Additional Resources for Students:

Emotional-Support Help Line: 1-866-342-6892

Free access to specially trained mental health specialists to support people who may be experiencing anxiety or stress following the recent developments around COVID-19. Provided by Optum, the toll-free help line number, 866-342-6892, will be open 24 hours a day, seven days a week, for as long as necessary. The service is free of charge and open to anyone.

Mental Health Hotlines

- Crisis Text Line – free, 24/7, confidential text message service for those in crisis – text HOME to 741741 www.crisistextline.org
- Suicide Prevention Lifeline: (800) 273-8255
- Transgender Crisis Hotline: (877) 656-8860
- LGBTQ+ Hotline: (866) 488-7386
- Graduate Student Help Line (800) 472-3457

- Veterans Help Line: (800) 838-2838

Self Help Free Apps

[Virtual Hope Box](#)

The Virtual Hope Box is a smartphone application that contains simple tools to help with coping, relaxation, distraction, and positive thinking. You can personalize the VHB content on your own smartphone according to your specific needs. The VHB provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.

[MyCalmBeat](#)

MyCalmBeat is a Brain Exercise by MyBrainSolutions.com that helps improve your ability to manage stress through slow breathing. Slow breathing allows you to increase the variability of your heart rate to decrease stress, improve focus and build resilience. By regularly slowing your breathing down, you can improve your heart rate variability, which will allow your brain to more effectively deal with the stressful situations you encounter.

[MyBrainSolutions.com](#)

MyBrainSolutions.com is an interactive self-improvement website that offers brain insight and training to help you develop the positive habits that can maximize your personal performance.

[PTSD Coach](#)

PTSD Coach provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. Users can customize tools based on their preferences and can integrate their own contacts, photos, and music.

[Breathe2Relax](#)

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.

[Daylio Journal](#)

Mood tracker and private journal.

Youper

Emotional health assistant, powered by AI.

WoeBot

Self-care app using Cognitive Behavior Therapy (CBT).

Mood Tools

Tools to deal with depression developed by the Anxiety & Depression Association of America.

Fear Tools

Tools to deal with anxiety developed by the Anxiety & Depression Association of America.

Remente

Goal setting and self-improvement.

Wysa

Mood tracker, mindfulness exercises, mental health assessment, powered by AI