

Virtual Resources

This is not a comprehensive list of online services available but rather a guide of some of the resources students may need. Please refer to additional communication regarding SCU resources and crisis resources available.

1. Mental Health Therapy/Resources

(Check with your insurance provider to see if they coverage for teletherapy.)

- a. Optum Emotional Support Help Line
 - a. Optum's Emotional Support Help Line is available to support anyone who may be experiencing anxiety or stress or loneliness following the recent developments around COVID-19.
 - b. This free service can be reached at (866) 342-6892, 24 hours a day, seven days a week and is open to all. In addition, emotional-support resources and information are available online at www.liveandworkwell.com.
- b. Better Help – Online therapy
 - a. United Healthcare Student Resources (SCU insurance - Free): <https://www.betterhelp.com/united/>
 - b. Without the student health insurance: <https://www.betterhelp.com/>
- c. Talk Space – Online therapy
<https://www.talkspace.com/>
- d. Pride Counseling – Online therapy for the LGBTQ community
<https://www.pridecounseling.com/>
- e. CDC's tips on how to Manage Anxiety and Stress
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- f. Give an Hour - Therapy for veterans and survivors of trauma; free phone and online services available.
<https://giveanhour.org/>
- g. Bipolar and Depression Support Alliance – online tools and online group support
<https://www.dbsalliance.org/>
- h. Online Substance Use support groups – Free support groups
<https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>
- i. Handling Stress
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

2. Psychiatry

- a. Live Health Online – Check with your insurance company for coverage.
<https://livehealthonline.com/psychiatry/>
- b. Inpathy - Check with your insurance company for coverage.
<https://inpathy.com/>

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3. Medical Services

- a. Healthiest You – Online medical services
 - a. United Healthcare Student Resources (SCU insurance –Free):
<https://go.healthiestyou.com/student/>
 - b. Without the student health insurance: <https://www.healthiestyou.com/>
- b. Live health online – Online medical services
<https://livehealthonline.com/>
- c. MD Live – Online medical services
<https://www.mdlive.com/>
- d. Teledoc – Online medical services
<https://www.teladoc.com/>

4. Additional Resources

- a. Psychology Today – Search for therapy providers
<https://www.psychologytoday.com/us>
- b. Thriving Campus – Search for therapy providers
<https://scu.thrivingcampus.com/>
- c. Comcast – Offering free hotspot Wifi
<https://wifi.xfinity.com/>

5. Additional Considerations

Please check with your current insurance company and/or local providers to see if any of the following are available:

- a. Teletherapy
- b. Telemedicine
- c. A 24/7 Nurse Advice Line
- d. A particular doctor/therapist/psychiatrist who could move to online services
- e. A prescription drug program that will ship prescriptions to your home
- f. A local pharmacy that will deliver.

6. Nutrition Resources (<https://www.scu.edu/cowell/resources/nutritional-resources/>)

- a. 6 Ways to Eat Well in the time of Shelter In Place
- b. Comfort Foods during Confinement
- c. Comfort Foods during Stressful Times

7. Exercise

- a. MOVE your body! Exercise increases endorphins. Endorphins are another feel good chemical in our brain.
- b. <https://www.scu.edu/recreation/stay-at-home/> from SCU Recreation Center. We're all staying home and our facilities, yet we still need our exercise. The SCU rec center created this webpage to help you find ideas for workouts at home, outside, and even for swimmers - some dryland fun! Additionally, here you will find some meditation ideas.

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8. **Meditation Exercises**

- a. For those who may find comfort in prayer from SCU Campus Ministry
Pray as you stay audio series: <https://www.pathwaystogod.org/resources/pray-you-stay>
- b. Stress and Relaxation Interactive Program from SCU CAPS:
<https://www.scu.edu/cowell/caps/getting-help-with-depression/stress-and-relaxation-interactive-program/>
- c. Getting help with depression from SCU CAPS:
<https://www.scu.edu/cowell/caps/getting-help-with-depression/>
- d. Download the Calm App <https://www.calm.com/>
The Calm app claims to make meditation easy for beginners while serving as a valuable resource for intermediate and advanced users.
- e. Download **Sanvello for Stress, Anxiety & Depression - Apps on Google Play**
An app for stress, anxiety, and depression. Sanvello helps you understand you how our thoughts, moods, and behaviors all shape how we feel. Sanvello helps you understand what works for you to feel better.
- f. Download <https://www.headspace.com/> - Mindfulness for your everyday life.

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