

# **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 company as your insurance company may offer coverage for teletherapy.

- a. Optum Emotional Support Help Line
  - i. 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.
  - ii. 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](http://www.liveandworkwell.com).
- b. Better Help – Online therapy
  - i. <https://www.betterhelp.com/>
- c. Talk Space – Online therapy
  - i. <https://www.talkspace.com/>
- d. Pride Counseling – Online therapy for the LGBTQ community
  - i. <https://www.pridecounseling.com/>
- e. CDC’s tips on how to Manage Anxiety and Stress
  - i. <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.
  - i. <https://giveanhour.org/>
- g. Bipolar and Depression Support Alliance – online tools and online group support
  - i. <https://www.dbsalliance.org/>
- h. Online Substance Use support groups – Free support groups
  - i. <https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>
- i. Handling Stress
  - i. <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.
  - i. <https://livehealthonline.com/psychiatry/>
- b. Inpathy - Check with your insurance company for coverage.
  - i. <https://inpathy.com/>

## **3. Medical Services**

- a. Healthiest You – Online medical services
  - i. <https://www.healthiestyou.com/>

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- b. Live health online – Online medical services
    - i. <https://livehealthonline.com/>
  - c. MD Live – Online medical services
    - i. <https://www.mdlive.com/>
  - d. Teledoc – Online medical services
    - i. <https://www.teladoc.com/>
- 4. Additional Resources**
- a. Psychology Today – Search for therapy providers
    - i. <https://www.psychologytoday.com/us>
  - b. Thriving Campus – Search for therapy providers
    - i. <https://scu.thrivingcampus.com/>
- 5. Exercise** - MOVE your body! Exercise increases endorphins. Endorphins are another feel good chemical in our brain.
- a. SCU Recreation
    - i. <https://www.scu.edu/recreation/stay-at-home/>.
  - b. YMCA 360 – free on-demand workout videos
    - i. <https://ymca360.org/>
  - c. Lifetime – free on-demand workout videos
    - i. <https://my.lifetime.life/lp/video-workouts.html>
- 6. Meditation, Prayer and Sleep**
- a. SCU Campus Ministry Pray as you stay audio series:
    - i. <https://www.pathwaystogod.org/resources/pray-you-stay>
  - b. Stress and Relaxation Interactive Program from SCU CAPS:
    - i. <https://www.scu.edu/cowell/caps/getting-help-with-depression/stress-and-relaxation-interactive-program/>
  - c. Getting help with depression from SCU CAPS:
    - i. <https://www.scu.edu/cowell/caps/getting-help-with-depression/>
  - d. Calm App - Mindfulness for your everyday life.
    - i. <https://www.calm.com/>
  - e. Headspace App - Mindfulness for your everyday life.
    - i. <https://www.headspace.com/>
  - f. Sanvello for Stress, Anxiety & Depression - An app for stress, anxiety, and depression.
    - i. <https://www.sanvello.com/>
  - g. Sleep
    - i. White Noise – Apple and Android app
    - ii. Sleepa – Android app
    - iii. Tips on improving sleep from [The Sleep Foundation](#)

If you need additional resources and/or suggestions please reach out to the Cowell Center at 408-554-4501 for additional support.

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