

FERRIS STATE UNIVERSITY

PERSONAL COUNSELING CENTER

March 14, 2020

To our Campus Community,

With the news and media coverage of COVID-19 (Coronavirus), it is normal to experience feelings of fear and anxiety. Due to the nature of this public health concern, our lives have had to change very quickly. The University is implementing new procedures to keep our campus community safe. Students are being encouraged not to return to campus, and faculty will be moving from face-to-face instruction to remote or online instruction through March 27. The serious nature of this outbreak combined with all the necessary, immediate changes, are going to cause an emotional response. Any overwhelming fear, disbelief, and anxiety you may be experiencing are normal and appropriate.

It is important to know how to manage overwhelming anxiety and fear in a way that helps us keep perspective as this situation continues to develop. Here are some resources you may find helpful:

- The Centers for Disease Control (CDC) has guidance on [managing mental health](#) and coping during COVID-19 for children and caregivers, as well as [guidance for higher education administrators](#).
- The [Hope Center](#) has outlined resources for supporting college students during this crisis.
- The [American College Health Association](#) has created a guide to help college health staff and campus administrators address COVID-19 on campus.
- Anxiety and Depression Association of America Psychologist Jelena Kecmanovic provides some science-based [strategies and tips for coping with COVID-19 anxiety](#).
- TAO is a free online library of [coping skills and mental health information](#) to help increase one's ability to better manage stress and anxiety. Ferris students and staff can log in using their Ferris Email username and password.
- For Students, the Personal Counseling Center is available by phone at 231-591-5968 to help identify various resources for you to help navigate this evolving environment.

We care about your health and well-being and hope you will utilize these and other health resources to help keep you informed and well.

Lindsay Barber, MSA
Director of Health Services