

## Continuity of Counseling, Health and Wellness Services

The emergence of the Coronavirus Disease 2019 (COVID-19) has impacted us all in some way - most presently the suspension of classes on campus. Not only do we want you to care for your physical health but also your emotional health. We all have our unique way of coping with stressful situations and there is no right or wrong way of responding.

The U.S. Centers for Disease Control (CDC) identifies some common reactions might be:

- Fear and worry about your health status and that of your loved ones who may have been exposed to COVID-19
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Here are some tips to care for your mental health:

- Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories and avoid excessive exposure to media coverage of COVID-19. It can be upsetting to hear about the crisis and see images repeatedly. Try to do other activities you enjoy to return to your normal life.
- Know the [facts](#) and share accurate information.
- Talk about something other than COVID-19.
- Take a self-compassion break-self-compassion boosts the immune system and it reduces anxiety. Some measure of fear is a healthy response to a contagious virus but we want to respond in a wise manner – with preventive measures that benefit ourselves and others. Find guided self-compassion meditations [here](#).
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Connect with others. Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships.
- Like any crisis, there might be an opportunity for you – take the next 3 days and read a book, exercise, or catch up on your studies! You might find a silver lining in the limitations imposed on your life at this moment.
- NU-Q's Counseling, Health and Wellness (CHW) counseling, consultation, and crisis intervention services will continue while classes have been moved online. Biofeedback therapy and health promotion services will be suspended until further notice.

CHW will be conducting individual counseling sessions via BlueJeans Conferencing Service. Students who have appointments scheduled will receive an email invitation and link to access the meeting with CHW. If students are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like wanting to harm themselves or others, they should make an appointment for counseling by emailing [patricia.collins@northwestern.edu](mailto:patricia.collins@northwestern.edu) (for appointments for non-urgent matters) or by calling 5503-2187 (for appointments for urgent matters).

Crisis intervention (student emergencies and after-hours care) as follows:

- Students with existing mental health conditions should continue their treatment plans and share any new symptoms with their healthcare provider.
- Students with a physical or mental health life-threatening emergency (injury or illness or situation that is life-threatening) should call 4454-0999 if the emergency is on campus or 999 if the emergency is off-campus.
- Students with a physical health urgency (acute injury/illness/situation which needs immediate professional assistance, but does not pose an immediate health threat) should visit the QF PHCC, nearest PHCC, or another medical facility (you can find facilities which direct bill your Doha Bank Assurance Health Insurance [here](#)).
- Students with a mental health urgency (a situation which needs immediate professional assistance, but does not pose an immediate health threat) should contact CHW, QF PHCC, nearest PHCC, or another medical facility (you can find facilities which direct bill your Doha Bank Assurance Health Insurance [here](#)).

CHW consultative services regarding student issues, available to all faculty, staff, and students can be accessed by emailing [patricia.collins@northwestern.edu](mailto:patricia.collins@northwestern.edu) or calling 5503-2187.

Questions about health insurance and immunizations can be sent to [patricia.collins@northwestern.edu](mailto:patricia.collins@northwestern.edu).

Medical Leave of Absence (MLOA) information can be found [here](#) and scheduling an interview for the MLOA can be done by emailing [patricia.collins@northwestern.edu](mailto:patricia.collins@northwestern.edu).

AccessibleNU-Q services will continue remotely. Information about registering for academic accommodations can be found [here](#) and scheduling an intake appointment can be done by emailing [patricia.collins@northwestern.edu](mailto:patricia.collins@northwestern.edu). If students or faculty have questions about the provision of accommodations during the online delivery of instruction, please contact [patricia.collins@northwestern.edu](mailto:patricia.collins@northwestern.edu).