

March 15, 2020

Dear Sewanee Students,

In light of recent events, and with the continued spread of COVID-19 in the United States and abroad, the University Wellness Center (UWC) would like to extend our deepest compassion and care to the university community and beyond during this difficult time. The UWC will continue to offer high quality, patient-centered services as we are able. Beginning on Monday, March 16th, UWC staff will be available by phone while completing the transition to modified services that will begin on **Monday, March 23rd**. Modified UWC services will be as follows:

Per state licensing laws, UWC clinicians are only authorized to provide services to patients who are physically located in the state of Tennessee. Clinicians are not permitted to practice across state lines. For patients who remain on campus, follow-up telecounseling and telemedicine services will be provided via secure and HIPAA-compliant video conference. Current patients who wish to continue their treatment should contact the UWC at 931-598-1270. Instructions about accessing Zoom HealthCare via your patient portal will be provided at that time.

Students who are returning home and need ongoing mental health care are strongly encouraged to seek care locally. Students may find a database of providers via your individual insurance carrier, Psychologytoday.com, Goodtherapy.com, and teletherapy at BetterHelp.com. If you need assistance with referral coordination, contact your clinician and they will be happy to answer any questions or help you navigate any barriers to care as they are able.

Students who are seeking medical care may contact UHS for any needed referral assistance. Students who are current UHS patients and need continuity of care regarding prescriptions may contact UHS for assistance. Students may also have telemedicine services available to them via their insurance carrier.

For students remaining on campus who are not current patients, but would like to initiate telehealth services, please call the UWC at 931-598-1270 to schedule an appointment.

For students remaining on campus who are experiencing a mental health crisis, please call the UWC crisis line at 931-598-1700. The National Suicide Prevention Lifeline can be reached at 1-800-273-8255.

For students remaining on campus who are experiencing a medical emergency call 911.

For Tennesseans who have questions about COVID-19:

The Tennessee Department of Health has launched a Coronavirus Public Information Line:.

The Tennessee Coronavirus Public Information Line is (877)-857-2945. This line is available daily from 10 a.m.–10 p.m. (Central Time Zone). Call volume may be high, so callers are urged to call again if getting a busy signal.

Additionally, anyone with suspicious symptoms and concerns about their health should contact their healthcare provider via phone prior to their arrival. These symptoms may include fever, cough, and shortness of breath

For mental health resources related to coping with COVID-19:

Anxiety and Depression Association of America has links to helpful resources along with a database for finding a mental health provider in your area.

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

American Psychological Association

<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>