

August 17, 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 August 17, 2020, CAPS staff will be available by phone, email or Patient Portal to schedule a triage assessment for therapeutic services. Modified UWC services will be as follows:

Per state licensing laws, CAPS clinicians are only authorized to provide services to patients who are physically located in a state which has authorized a waiver for the provision of telehealth services for the duration of the COVID-19 pandemic. These waivers will change throughout the academic year as individual states update their guidelines. Please be patient with CAPS as we remain in compliance with these ever-changing legislative guidelines. Regardless of state of location, CAPS can and will provide referrals and support resources for any students who seek this information. University Health Services(UHS) will continue to only serve students who remain on campus. UHS will be available for both in person and telemedicine appointments. For patients utilizing telecounseling and telemedicine services, these will be provided via secure and HIPAA-compliant video conference. Instructions about accessing Zoom HealthCare via your patient portal will be provided at the time of scheduling.

Students who need to return home throughout the semester and need ongoing mental health care are strongly encouraged to seek care local to their home; however, if a student is an already established client of CAPS, they may continue working with their clinician provided the above-mentioned state guidelines are met. Students may find a database of providers via your individual insurance carrier, Psychologytoday.com, Goodtherapy.com, and teletherapy via the free therapeutic application, Sanvello, to which all Sewanee.edu account users have Premium access. 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 off-campus and seeking medical care may contact UHS for any needed short term continuation of care and for 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 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 more information regarding Sewanee's Covid-19 response and from the Centers for Disease Control at the state of Tennessee the links below:

COVID19.sewanee.edu

[CDC: How to protect yourself, your family, your home](#)

[CDC: How to manage your stress & anxiety](#)

[CDC: What to do if you are sick](#)

[CDC: Caring for yourself at home \(pdf\)](#)

[CDC: Caring for someone at home](#)

[CDC: Cleaning and disinfection recommendations](#)

<https://www.tn.gov/health/cedep/ncov.html>

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>