

To our clients,

In response to the COVID-19 virus, the Fredonia Counseling Center has been diligently working to determine the best way to proceed and continue to offer you support, while also adjusting to the needs and reality of our current situation and the campus shift to distance learning. This is a rapidly changing situation, requiring frequent adjustments/revisions. We thank you in advance for your patience and flexibility. Visit <https://www.fredonia.edu/student-life/counseling> for up-to-date details related to services.

Please review our current plan listed below and reach out to us with questions, to arrange for a virtual appointment, or to cancel/reschedule any appointments that you may have scheduled prior to the pandemic. We hope to continue to provide services that remain helpful, while also staying within the scope of our practice and competencies.

- **When classes resume online via Distance Learning (Monday, March 23)**, the Fredonia Counseling Center will be offering virtual, online, teleservices via an encrypted, confidential platform, Cisco Webex Meet. These services will be available to any registered Fredonia Student, who is currently residing in New York State. At this time, NYS law prohibits licensed mental health counselors from providing teleservices outside the state. To schedule a virtual meeting, email your counselor directly or the general office email [counseling.center@fredonia.edu](mailto:counseling.center@fredonia.edu).

- Students who have remained in on-campus housing or in the Fredonia community, will also engage in virtual, online, teleservices in an effort to minimize the potential spread of the Covid-19 virus. **If you begin exhibiting symptoms and are on-campus or local off-campus housing**, please isolate and take care of yourself, knowing that you are doing the best thing for both yourself and others within our campus community. Anyone in need of medical assistance, should call the Student Health Center at 716-673-3131 for guidance.

- **At any time in this process, if you desire to have assistance finding and establishing services with off-campus providers, please email [Julie.Bezek@fredonia.edu](mailto:Julie.Bezek@fredonia.edu)**. We are equipped to help you establish care where you are located, utilizing private pay, insurance, and other options.

Additional information regarding tele-psychiatric services (medication monitoring), in coordination with Jamestown Psychiatric, has gone out to students currently engaged in these services. This information is also available on the Counseling Center website and these services will be available to all registered students.

Here is a list of additional resources that you may find useful if you are seeking outside referrals or for education purposes. You may find additional resources on our webpage:

- o <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>
- o <https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>
- o <https://www.psychologytoday.com/us/therapists>

Lastly, we recognize that the recent, unexpected disruption to your life, may be presenting some challenges for you. We want to assure you that we are committed to continuing to assist you with your mental health and successful completion of this semester via distance learning. Feel free to call the Fredonia Counseling Center at 716-673-3424 with any questions or concerns.