RESOURCES AND TIPS:
Handling Stress & Anxiety
during COVID-19
IT IS COMMON TO FEEL:
• Fear and worry about your own health and the health of your loved ones
• Changes in sleep or eating patterns
• Difficulty sleeping or concentrating
• Worsening of chronic health problems
• Worsening of mental health conditions
• Increased use of alcohol, tobacco, or other drugs.

Source: CDC.gov

Everyone responds differently, and that’s okay.
We are here to help.
While it’s important to remain physically distant from others who do not live with you, continue to stay socially connected using the mobile or home phone, the Internet, or through video calls.

Try to stay home as much as possible by using delivery apps and shopping online. We know that not everyone can stay home, so here are some tips for staying safe for our essential workers.

If you’re feeling overwhelmed, confused, or like you need help, reach out to us at access@angelina.edu.

KEEP READING FOR MENTAL HEALTH RESOURCES & TIPS!
RESOURCES & TIPS FOR YOUR MENTAL HEALTH

COVID-19 has resulted in many changes for our students, faculty, and staff. While all these changes are necessary to keep us physically safe, the abrupt changes can lead to feelings of stress, anxiety, anger, fear, and depression. To support our campus community during this time, the Office of Access & Inclusion has compiled tips and resources on ways individuals can take care of their mental health and well-being throughout the pandemic. In addition, we understand that many people are experiencing heightened financial stressors, so we have also included material and community resources on the last page.

For questions, concerns, or additions to our resource list, we encourage you to contact us at access@angelina.edu or text us at 936-463-8078.

Stay safe, Roadrunners.
WE ARE IN THIS TOGETHER!

- Annie Allen, Dir. of Access & Inclusion
THINGS YOU CAN DO TO MANAGE STRESS & ANXIETY AT HOME

CREATE & MAINTAIN A ROUTINE:
Write or type out a routine by scheduling your time for breaks, a regular sleep schedule, time for assignments, checking your email, etc. Consider sharing this with a friend to increase accountability.

TRY TO PRACTICE MINDFULNESS:
Have you experienced racing thoughts, often worrying about things outside of your control? Mindfulness is a good technique to help reign your thoughts in. Click here to find out more.

KEEP MOVING:
Taking care of your body is an important part of staying both physically and mentally healthy. Check out at-home workouts on YouTube or through free apps on your phone. Take a walk in your backyard or in your neighborhood to get sun and time outside, while maintaining safe distances from others.

EAT HEALTHY:
During this stressful time, many of us resort to eating a bit more unhealthily and snacking more often. Cut yourself some slack, but try to balance it by ensuring you’re eating good and healthy foods as well. A healthy diet boosts your immune system as well, so right now it’s really important! If you’re experiencing food insecurity, please email us at access@angelina.edu or call us at 936-463-8078

SET SOCIAL MEDIA/NEWS BOUNDARIES:
It’s important to stay informed, and we recommend that everyone get their information only from reliable sources such as the CDC and W.H.O. However, we also recommend you set appropriate limits on how much news and media you consume to avoid “spinning out.”

STAY CONNECTED:
The CDC is now recommending that we use the term “physical distancing” rather than “social distance” because they want to make sure everyone knows the importance of staying connected in other ways. Use technology to stay connected to friends, family, and loved ones.

PAY ATTENTION TO YOUR FEELINGS:
In times like these, it’s normal to feel different. Be sure to pay attention to how you’re feeling frequently. Sometimes this can lead to increased drug or alcohol usage. Your mental health is important, so please reach out. You can get connected to a mental health professional by dialing 1-866-342-6892.

TAKE TIME FOR YOURSELF:
It’s important to take time for yourself in order to decrease the likelihood of experiencing burnout or compassion fatigue. Watch a TV or move you would enjoy, go outside, call a friend, take a nap - do one thing every day that makes you smile.

MENTAL HEALTH RESOURCES

EMOTIONAL PHONE SUPPORT
HELP LINE FOR COVID-19
Call 1-866-342-6892 for free access to specially trained mental health specialists to support people who may be experiencing anxiety or stress following the recent developments around COVID-19. The toll-free help line number will be open 24 hours a day, seven days a week, for as long as necessary. The service is free of charge and open to anyone.

TELE THERAPY RESOURCES
Teletherapy can be a great way to gain access to professional mental and emotional health care.
- Talkspace Online Therapy – online counseling by text, audio or video messaging at an affordable cost talkspace.com
- Better Help – professional online counselors available 24/7, private and affordable betterhelp.com

TALK TO SOMEONE
If you’re having difficulty getting into contact with a resource, don’t know where to look, or maybe you just want to talk to someone from Angelina College, reach out to us. We can schedule a time to talk at your convenience. You can email us at access@angelina.edu, or text us at 936-463-8078.

TUNE INTO NETFLIX’S MENTAL HEALTH SERIES
Netflix is launching a new series on Instagram that will focus on taking care of yourself and your mental health during the COVID-19 global pandemic.
- Airs on Instagram Live at 7 PM PT
- Features stars from: “To All the Boys I’ve Loved Before,” “The Kissing Booth,” “Stranger Things,” “Cheer” and “13 Reasons Why.”
- Runs every Thursday from now through May 14 on the @Netflix Instagram account

MENTAL HEALTH APPS
In addition to exercise and yoga apps you can download for free, there are numerous mental health apps which exist to support and encourage positive mental health practices.

1. **Daylio Journal** – mood tracker and private journal
2. **Youper** – emotional health assistant, powered by AI
3. **Woebot** – self-care app using Cognitive Behavior Therapy (CBT)
4. **Mood Tools** – tools to deal with depression developed by the Anxiety & Depression Association of America
5. **Fear Tools** – tools to deal with anxiety developed by the Anxiety & Depression Association of America
6. **Remente** – goal setting and self-improvement
7. **Wysa** – mood tracker, mindfulness exercises, mental health assessment, powered by AI
TECH CONNECTION RESOURCES

INTERNET

Consolidated Communications
1-855-399-3084 (Mention offer code: Two Months Free)
- Consolidated Communications is offering two months of Free Home Internet Service to help. This offer includes free installation for those who are not currently Consolidated customers. We are making this service available to students immediately.

Altice USA
1-222-633-0030 (Suddenlink region)
- Altice USA is committed to helping schools and students stay connected during this unprecedented time. For households with K-12 and/or college students who may be displaced due to school closures and who do not currently have home internet access, we are offering our Altice Advantage 30 Mbps broadband solution for free for 60 days to any new customer household within our footprint.

CELLULAR SERVICES

T-MOBILE:
1-800-866-2453 or 611 from your mobile phone
- Starting now ALL current T-Mobile and Metro by T-Mobile customers have unlimited smartphone data for the next 60 days (excluding roaming). You would need to change to a plan that includes data to get the UNL data, to ensure it is enabled. Just dial 611 to speak to Care.
- We’re providing all T-Mobile and Metro by T-Mobile customers an additional 20GB of mobile hotspot/tethering service for the next 60 days coming soon.

SPRINT: 1-888-221-4727
- Most consumer customers on metered data plans will receive Unlimited data for 60 days (or a minimum of 2 bill cycles).
- Sprint will provide an additional 20 GB Mobile Hotspot per month per line:
  - for customers that already have Mobile Hotspot in their plan for 60 days (or a minimum of 2 bill cycles).
  - to any customer that has a capable handset and does not have Mobile Hotspot today for 60 days (or a minimum of 2 bill cycles).

AT&T:
1-800-331-0500 or 611 from your mobile phone
- All AT&T consumer home internet wireline customers, as well as Fixed Wireless Internet, can use unlimited internet data.
- We’ll continue to offer internet access for qualifying limited income households at $10 a month through our Access from AT&T program.
- We’ve expanded eligibility to Access from AT&T to households participating in the National School Lunch Program and Head Start.
- Additionally, we’re offering new Access from AT&T customers two months of free service.

Metros by T-MOBILE:
1-888-863-8768 or *611 on your mobile phone
- As of 3/13 - ALL current Metro customers who have plans with data will have unlimited smartphone data for the next 60 days (excluding roaming).
- Providing customers on smartphone plans with mobile hotspot enabled an additional 20GB of mobile hotspot service over the next 60 days (10 GB per month). Just visit the MyMetro app, MyAccount, or dial 611 to speak to Care.

CRICKET: 1-800-274-2538 or 611 from your phone
- Waiving re-activation fee
- Add 10 GB of hotspot data on qualified plans for $10
FINANCIAL RESOURCES

Texas Unemployment Benefits
- visit https://www.twc.texas.gov/jobseekers/unemployment-benefits-services
- Call 800-939-6631

Texas 2-1-1 (Resource referral hotline)
- 2.1.1 in Texas is part of the Texas Health and Human Services effort to connect citizens with services they need. Dial 2-1-1 on your phone to get into contact with them.

Greater East Texas Community Action Program
- Assistance with utility bills
- Call (800) 621-5746

Love Inc.
- Assistance with utility bills
- Call (936) 637-6637

RESOURCES FOR DOMESTIC ABUSE VICTIMS

Family Crisis Center
- This resource provides services that are vital for survivors of domestic violence and/or sexual assault to establish a safe and secure life free from abuse. Services include 24-hour emergency hotline and emergency shelter, transportation, crisis intervention, case management, legal advocacy, child advocacy, sexual assault advocacy, advocacy for employment and housing, peer support groups, individual and family counseling, therapy groups, emergency financial assistant, and transitional housing.
- Office: (936) 639-1681
- 24 Hour Crisis Hotline: (800) 828-7233

RESOURCES FOR ALCOHOL/DRUG ABUSE

Alcohol & Drug Abuse Council of Deep East Texas
- Provides a quality outpatient treatment program that focuses on the recovery and maintenance from abuse/addiction of mind altering chemicals.
- 800 445-8562 or 936 634-5753