



Tuesday, March 24, 2020

Dear Heidelberg Students,

With the closure of the campus and the continuation of classes online, we are enduring a stressful time of change because of the COVID-19 (coronavirus). We are experiencing a time of grief and loss of the community we've enjoyed at Heidelberg. As we adapt and figure out new ways of being in community together, we encourage you to stay connected through your classes and your student organizations online.

Mental health, physical health, and spiritual health are important ways that students can cope with change. Heidelberg continues to support and value students' overall well-being. The following campus resources are available to help maintain wellness during this time:

#### **The L.D. Stoner Health and Counseling Center**

The Center will continue to offer **mental health services** through a remote format. Students seeking help will be able to connect with one of Heidelberg's three licensed counselors via Google Hangouts Meet. The platform offers the secure connection required to be HIPAA compliant and also offers ease of use for students. These services are currently available to all Heidelberg students.

Additionally, the Center will provide **medical services** via telehealth, as appropriate. Please call 419-448-2041 to schedule an appointment with our Certified Nurse Practitioner.

Per licensing boards, both mental health services and medical services provided remotely are limited to students who are physically located in the state of Ohio. For students residing outside of the state of Ohio, the staff will assist in connecting you to local resources.

The Center also will provide weekly social media posts to assist in connecting students with effective strategies to manage their own health and well-being. Please follow the Stoner Health and Counseling Center on Facebook - Stoner Health & Counseling Center, Twitter - @HealthAtBerg, and Instagram - HealthAtBerg.

### **Saurwein Health and Wellness Center**

Saurwein will use social media pages to create virtual workouts, tips, and challenges. Please follow saurwein.wellness.center on Instagram and SHWCBERG on Twitter for up-to-date information.

### **The Office of Civic Engagement and Religious Life**

We encourage you to connect with your faith tradition or philosophical tradition. Some of our campus religious life organizations will continue through online platforms such as Google Hangouts or Zoom Meetings. Each Thursday at 11:00 AM, Words of Faith will be available through Zoom Meetings at <https://zoom.us/j/479977990>. Other words of encouragement will be shared through Twitter: @HU\_RELLIFE.

If you wish to receive pastoral care from our Chaplain, Paul Sittason Stark, you may arrange a Google Meet face-to-face session or you may contact him through email. Paul is an ordained United Methodist clergy member who also works closely with the United Church of Christ and other Protestant denominations. In order to set up a meeting with him, please email [pstark@heidelberg.edu](mailto:pstark@heidelberg.edu).

### **Resources through Canvas**

Students can also utilize Canvas to receive resources that will connect them to effective wellness strategies by searching Mental, Physical, and Spiritual Wellness. Here is the link to get connected: <https://heidelberg.instructure.com/courses/5173>

Supporting students continues to be of the utmost importance to us. We are dedicated to continuing to provide Heidelberg students the support they need through this difficult time and through this unique experience. We encourage you to practice good mental health, physical health, and spiritual health.

Sincerely,

Dr. Chris Abrams, Dean of Student Affairs

Janelle Baldosser, CNP, Director of Stoner Health & Counseling Center

John Sharp, LPCC-S, Associate Director of Counseling

Kayela Tidrick, Director of Campus Recreation Services

Rev. Paul Stark, Director of Religious Life and Civic Engagement