



Friday, March 27, 2020

Dear Heidelberg Students,

Earlier this week, we provided you with important information on maintaining your mental health, physical health, and spiritual health as we navigate through this time of change and challenge. Below, you can revisit the ways you can stay connected remotely to the services provided by the L.D. Stoner Health and Counseling Center.

I have one additional important piece of information to share. If you want to seek help for mental health services remotely through Stoner, **send an email to counseling@heidelberg.edu.** This will prompt you to provide important information to get you connected to Heidelberg and start the telehealth process.

As a reminder, here are the telehealth resources available:

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. Email counseling@heidelberg.edu to get started.

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.

Wishing all of you the best,

John Sharp, LPCC-S
Associate Director of Counseling

Janelle Baldosser, CNP
Director of the L.D. Stoner Health Center