Dear Student,

You have made it past midway mark of the fall semester, a time of high productivity, which alone can be stressful. Given our current pandemic, the Fall 2020 has presented us with challenges that can further contribute to an increased level of stress. For some, the additional pressure of the pandemic combined with remote learning and other factors can feel overwhelming, isolating, and debilitating. We are here to remind you that you are not alone and that WCU cares about your well-being.

It is normal to experience stress, anxiety, depression, loss, and other mental health concerns under challenging times. It is important to know that the WCU Counseling Center continues to offer virtual services. If you recognize some of these feelings in yourself or another Golden Ram, students are encouraged to seek help by calling the Counseling Center at (610) 436-2301. You may also complete an anonymous and brief online questionnaire (https://wcu.caresforyou.org) that will be reviewed by a WCU counselor who can send you a personal response over the secure website with any recommendations for follow-up. You will then have an opportunity to exchange online messages with the counselor through the anonymous dialogue feature using only your User ID or set up a face-to-face meeting to talk to the counselor in more detail.

For anyone in crisis, feeling suicidal, or at risk, the National Suicide Lifeline provides free support 24/7 at 1-800-273-8255 or text the Crisis Text Line (Text HOME to 741741).

In addition to added mental health concerns, this time of year brings cold and flu season. Flu spreads through the US annually, October – May. We encourage students to get vaccinated for the flu. Free flu shots are still available to enrolled students through Student Health Services. Student Health has telehealth appointments readily available for all enrolled students. Students with shortness of breath, sore throat, GI symptoms, loss of taste or smell, or known exposure to presumptive/confirmed COVID-19 will be directed to speak with the available SHS provider for guidance per current CDC recommendations. Symptomatic or confirmed COVID positive students should self-report by completing the designated university form.

Lastly, I would like to take this opportunity to remind you of WCU resources dedicated to your overall well-being and academic success. If you feel impacted by current events in any way, I urge you to take advantage of the available help. If you are struggling, please reach out. If you know friends who are struggling, encourage them to seek support. For your convenience, I have listed below several campus resources providing virtual support.

Student Support Center
Wellness Promotion, Ground Floor, Commonwealth Hall | 610-436-0730
Campus Recreation, 275 North Campus Dr. | 610-436-1732
Center for Contemplative Studies, 700 S. Church St. (across from Anderson Hall) | 610-436-2200
Center for Trans and Queer Advocacy, 250 Sykes Student Union | 610-436-3147
Center for Women and Gender Equity, 214 Lawrence Center | 610-436-2122
Dowdy Multicultural Center, 003 Sykes Student Union | 610-436-3273
Office of Services for Students with Disabilities, 223 Lawrence Center | 610-436-2564
The Learning Assistance and Resource Center (The LARC), 224 Lawrence Center | 610-436-2535

WCU faculty and staff care about you, and we are here to support your success and well-being. Let’s finish this semester strong, together!

Dr. Tony Delgado
Assistant Vice President for Identity, Health, and Wellness