

University Counseling Center COVID-19 Updates and Changes

The University Counseling Center is here to provide support to students while we keep our community safe from the impact of COVID-19. All person-to-person contact will be conducted via phone and using technology out of an abundance of caution and to protect everyone against the novel coronavirus.

The UCC acknowledges the impact that the COVID-19 pandemic has had on the Alabama State University family and realizes that it is typical for people to experience worry, anxiety, depression, and uneasiness as we confront our “now” normal. Our team of counselors is here to support The Hornet Family as we overcome this together.

If there is an emergency for any student on or away from the campus, they should immediately call 9-1-1 **OR** go to the nearest hospital emergency department **OR** contact the National Suicide Prevention Lifeline at **1-800-273-8255**.

You may contact the Counseling Center at (334)229-4382 Monday-Friday from 8:00 am to 5:00 pm. The on-call crisis line after-hours contact number is (562)294-3575 and the 24-hour crisis text line is 741741.

Students

While the university has moved to remote learning, the UCC team realizes that your mental health and well-being are vitally important to your success here at Alabama State University and beyond.

University Counseling Center Services

Current Clients

- The University Counseling Center will provide mental health services remotely for the purpose of routine follow-ups, support, consultation, or assistance. Existing scheduled appointments will now be conducted via telephone and video-conferencing.
- If you wish to keep your scheduled appointment time, please know that your counselor will be emailing you to confirm this appointment.
 - At this follow-up, you or your counselor may decide to continue ongoing sessions or recommend counseling services in your locality for ongoing support and counseling; efforts will then be made to assist in this referral.
 - However, if you **do not** wish to be contacted by email or phone, please email your counselor or contact the Counseling Center to alert us of your preference or concerns. The Counseling Center staff can be contacted at the following emails: Chris Johns (cjohns@alasu.edu), Marion Brock

(mbrock@alasu.edu), Brenda Kennedy (bkennedy@alasu.edu), Tonya Cleveland (tcleveland@alasu.edu), and Helen Tyus (htyus@alasu.edu)

New Client Intake

- For **any student** seeking counseling for the first time or who has been absent from counseling this academic year, we are available to provide support, consultation, or assistance in finding resources in your area.

Groups & Workshops

- All counseling groups will be suspended until a teleconference format has been established. Participants with questions may reach out to the Counseling Center or to their group facilitator regarding any plans to resume once students return to campus.

PLEASE NOTE that this is an evolving situation. As we develop our responses based on any changes or find any additional resources for students, they will continue to be posted on our Counseling Center webpage.

Please check back to this page for more information about how our services and availability may change in response to the situation.

Information Links

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html> - Managing Stress and Anxiety

<https://emergency.cdc.gov/coping/selfcare.asp> - Taking Care of Your Emotional Health