

Dear Students:

We are all experiencing changes to our daily routines and circumstances due to COVID-19 (Coronavirus). Change and uncertainty can be a recipe for stress and anxiety. It's completely appropriate to experience stress during situations like this.

Parkland College's Counseling Services department wants to express our commitment to helping you navigate through these times. We want all of you to know that you are not alone and we are here for you! Your mental health is critical to your overall health and to your success at Parkland College.

While we are not able to offer face-to-face counseling at this time, there are options to hold individual phone appointments under limited circumstances. To schedule an appointment, please contact [counselingservices@parkland.edu](mailto:counselingservices@parkland.edu).

**If you feel you are at risk of immediate harm to yourself or others call the crisis line at 217-359-4141 or text "START" to 741-741. Or call 911 or go to the closest emergency room.**

All students are invited to participate in our newly launched online support group facilitated by our Counselors. Although this not a therapy group, it is a positive platform which focuses on specific tools and exercises for managing stress and anxiety. The group will be offered three days a week at different times each day and students may attend as often as desired. If you have questions or are interested in signing up, please email Marya at [MBurke@parkland.edu](mailto:MBurke@parkland.edu)

Finally, Parkland College's Counseling Services website [counselingservices@parkland.edu](http://counselingservices@parkland.edu) lists a wide variety of groups, apps, and informational resources including assessments relating to different mental health issues for students and their families.

From all of us at Parkland, stay safe and know that we are here for you.

Sincerely,

Dr. Suzanne Jones  
Interim Dean of Counseling Services