

## COVID-19 Resources

### **MIND**

[Find a Therapist](#)

### **Telehealth / Telemental Health (BC/BS Student Insurance)**

Blue Cross/Blue Shield, the Williams College health insurance provider, will waive co-pays for student members with access to their telehealth platform [Well Connection](#). Telehealth, which offers convenience as well as the opportunity to avoid potential exposure to contagion, is included in the health plans of all our fully insured members and available to associates who are BCBSMA members. This service offers the ability to video conference with providers for medical care and behavioral health.

### **Talkspace**

Williams is in the unique position to already have our tele-mental health infrastructure in place and active via Talkspace. In addition to providing free to **all** students one live video psychotherapy session per month and unlimited messaging therapy 5 days per week with a designated licensed therapist, this service is accessible to students 12 months per year, globally and in many languages. [Register](#) using your Williams email address.

### **National Suicide Prevention Lifeline**

**Call 1.800.273.TALK (8255)**

**Crisis Text Line:** Text "START" to 741-741

### **[National Sexual Assault Hotline](#)**

**Call 1.800.656.HOPE (4673)**

**[Live Chat](#) with a trained staff member**

[National Domestic Violence Hotline - Staying Safe during COVID-19](#)

[Getting Emotionally Organized in a Crisis](#)

[What Therapists Tell Clients Who Are Anxious about Coronavirus](#)

[It's Time to Get Serious about Social Distancing. Here's How.](#)

[Coronavirus: How to Protect Your Mental Health](#)

[COVID-19 and Your Mental Health: A Comprehensive Resource Guide \(for the Greater Vancouver Area\)](#)

[7 Science Based Strategies to Cope with Coronavirus Anxiety](#)

[The 4 Rs of Social Distancing Every Person with Depression Should Know](#)

[How Routines and Rituals Can Help](#)

## **BODY**

[From boot camp to yoga, YMCA launches 60 free online classes for people stuck at home](#)

[Online Trauma Sensitive Yoga Classes](#)

## **COMMUNITY / NATIONAL RESOURCES**

[United Way Worldwide Launches COVID-19 Community Response and Recovery Fund](#)

## **SPIRIT**

[In the Rooms: A Global Recovery Community \(Online Recovery Meetings\)](#)

[Free Mindfulness Resources from Calm - Meditations, Body Scans, Sleep](#)

[Making Art is Good for your Health. Here's How to Start a Habit.](#)

[Choose Well at Williams](#)