

Lesson in a bag - Coping with COVID

Video:

- <https://www.youtube.com/watch?v=a5WgPKHxYFE>

Discussion questions

- What has been the most challenging part of living through / attending school during COVID?
- What has helped you get this far?
- What resources do you know about?


Activity: Self-Care Bringo

- Have students go around the room and find one person who has done each activity. Have the students sign each other's sheets on the activities they have done.

Pass out YSU specific mental Health resources page

Self-Care BINGO

**MARK ALL THE SELF-CARE ACTIVITIES
YOU HAVE DONE LATELY.**

WORE A MASK	MEDITATED	YOGA	CREATIVE ACTIVITY	READ A BOOK
COLORING	WENT OUTSIDE	CALLED A FRIEND	VIDEO CHAT	SET BOUNDARIES
DRANK WATER	TURNED OFF MY PHONE	 FREE	JOURNALED	CLEANED MY ROOM
WENT TO SLEEP EARLY	COOKED A HEALTHY MEAL	READ SOME POSITIVE NEWS	VISIT EACHMIND MATTERS.ORG	FUNNY MOVIE
PRACTICED GRATITUDE	DANCED	LISTENED TO MUSIC	MADE MY BED	CUDDLED MY PET

YSU Mental Health Resources

YSU Counseling Services

- **Phone:** (330) 941-3737
- **Location:** Kilcawley Center - Rm. 2110
- **Hours:** Monday- Friday: 8A.M. - 5 P.M.
- **Services offered:** Free, short term counseling to students enrolled at YSU



Concerned about someone in your life but not sure what to do? Try taking these steps:

1. Find a time to talk privately, and share why you're concerned. Ask questions that call for more than just a yes/no or one word response and then really listen.

2. Offer hope and support. Let them know that struggling with mental health is quite common and that people can and do recover.

3. Share resources. Offer information about where to find help.

4. Follow-up. Ask the person how you can help, and follow their lead about what is helpful.

5. To learn more about the signs of suicide, how to have a conversation with someone you are concerned about, and more resources visit www.suicidalspreventable.org

When in a crisis:

- **Text the crisis hotline**
 - Text **EMPATHY** to **741741**
 - Free, confidential, 24/7
 - Text from anywhere in the United States, anytime, about any type of crisis.
- **National Suicide Prevention Lifeline**
 - **1-800-273-TALK (8255)**
 - Free, confidential, 24/7
 - Call from anywhere in the United States. You will be routed to the closest crisis center in your area. Call for yourself or someone you care about.
- **National Sexual Assault Hotline**
 - **1-800-656-HOPE (4673)**
 - Free, confidential, 24/7
 - Chat option available at rainn.org.
- **The Trevor Project**
 - **1-866-488-7386**
 - Free, confidential, 24/7.
 - **Crisis intervention and suicide prevention services for LGBTQ+ young people.**
 - To view other services info (like text/ chat) and times of availability, visit thetrevorproject.org.
- **National eating disorders association helpline**
 - **1-800-931-2237**
 - Free, confidential
 - Chat option available at nedawareness.org.
- **Call 911**
- **Go to the ER**