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Community Guidance

University of Maine System Communications

3-14-2020

UMS_Community Guidance_Resources for Mental and Emotional Well-Being

University of Maine System

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Health Advisory – Coronavirus Disease 2019

UMS Community Guidance For Students

For Everyone

For Students

For Employees **New ▲**

For Travelers **New ▲**



- University of Maine at Augusta
- University of Maine at Farmington
- University of Maine at Fort Kent
- University of Maine at Machias
- University of Maine at Presque Isle
- University of Southern Maine
- University of Maine School of Law

- Student Fee Adjustment and Rebate Policy by April 15 (04/01/2020) +
- Pay for Non Federal Work Study Student Employees (03/25/2020) +
- Extended Pass/Fail Options for Students (03/25/2020) +

Apply Give Careers Portal Search

News Universities Students Faculty & Staff Trustees Data & Policy Offices

- Federal Work Student Information (03/18/2020) +
- Spring Break Extension: Classes Start March 25 (03/17/2020) +
- Direct Deposit (03/16/2020) +
- Resources for Mental and Emotional Well-Being (03/14/2020) -

In addition to taking helpful precautions to protect your physical well-being, it can also be important to maintain mental and emotional well-being. If you're experiencing stress or adverse effects as a result of the COVID-19 virus, here are a few resources that may be helpful to you:

- <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>
- <https://www.wsj.com/articles/how-to-manage-your-coronavirus-anxiety-11583424434>
- <https://www.sciencealert.com/here-s-how-to-keep-the-coronavirus-anxiety-at-bay>

Dial 2-1-1 Maine for information and referral to community resources or the Statewide Intentional Warm Line at 1-866-771-9276 to talk with a trained peer support specialist who has personal experience with mental health recovery.

Also, please contact your campus Counseling Services for information and scheduling:

- **UMA Bangor:** (207) 262-7835
- **UMA Augusta:** (207) 621-3044
- **UMaine:** (207) 581-1392
- **UMM:** (207) 255 1343
- **UMF:** (207) 778-7034
- **UMFK:** (207) 834-7822
- **UMPI:** (207) 768-9791
- **USM:** (207) 780-5411

(Last reviewed/updated: 03/14/2020)

- Vacating Residence Halls Over Spring Break (03/13/2020) +

Public Health Resources

Maine Center for Disease Control —
Coronaviruses

CDC Coronavirus (COVID-19) Information

Announcements

Chancellor Malloy: Our Continued
Commitment to UMS Employees
April 3, 2020

Student Fee Adjustment and Rebate
Policy by April 15
April 1, 2020

Chancellor Malloy: Celebrating
Commencement During the COVID-19
Pandemic
March 30, 2020

Pass/Fail Options Extended At UMS
Universities
March 25, 2020

Chancellor Malloy: We're All in This
Together
March 24, 2020

Mills Administration, Public Higher
Education Systems Coordinating
Response to COVID-19
March 24, 2020

Identifying University Resources and
Materials for the COVID Response Effort
March 23, 2020

Chancellor Malloy: Full Pay Commitment
to Regular Employees Through April 4
March 19, 2020

Universities Inventorying Resources for
Maine's Coronavirus Response
March 19, 2020

Universities Transition Employees To
Remote Work Thursday, March 19
March 18, 2020

UMS To Continue Paying Federal Work
Study Students
March 18, 2020

Spring Break Extended Two Days:
Classes Resume March 25th
March 18, 2020

Chancellor Malloy: Working Remotely and
March 25 Start of Classes
March 18, 2020

Room and Board Adjustments and
Rebates
March 17, 2020

Chancellor Malloy: Focusing on Faculty
and Staff Needs
March 17, 2020

UMS Technology Resource Update
March 16, 2020

Chancellor Malloy: Event Restrictions On
Gatherings and Other Updates
March 12, 2020

Student Room and Board Refunds: UMS
posting guidance before Noon on
Wednesday, March 18th
March 12, 2020

Travel Assistance Hotline for UMS
Employees and Students
March 11, 2020

Chancellor Malloy Message on Transition
to Online Instruction
March 11, 2020

University UMS COVID-19 Directives
prohibit non-essential university air travel,
opens residence halls for spring break,
sets March 23 deadline for continuity of
instruction planning
March 10, 2020

Novel Coronavirus (COVID-19)
Information University of Maine System
March 9, 2020

Students and Employees Urged to Update
Emergency Contact Information
March 8, 2020

UMS COVID-19 Guidance on University
Travel for Business and Personal Travel
March 5, 2020

UMS Guidance for International Travelers
March 4, 2020

Governor Mills Convenes Coronavirus
Response Team
March 2, 2020

Travel Monitoring and Prohibitions:
University Travel to Italy Prohibited
March 1, 2020

We're Making Plans to be Ready for
Coronavirus
February 28, 2020