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1-18-2021

UMS_Community Guidance_Students - Together for Maine - Resources for Mental and Emotional Well Being

University of Maine System

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Students

Together for Maine Plan

- Home
- Chancellor's Message
- Safe Return Planning
- Unifying Principles
- Informational Videos
- Safe Return Committees

Community Guidance

- Everyone
- Students
- Employees
- Travelers

Recent Updates

[Together for Maine Daily Briefing and COVID-19 Data Update: 2/5/21](#)
February 5, 2021

[Together for Maine Daily Briefing and COVID-19 Data Update: 2/4/21](#)
February 4, 2021

[Together for Maine Daily Briefing and COVID-19 Data Update: 2/3/21](#)
February 4, 2021

Earlier Updates

- [February 2021 \(5\)](#)
- [January 2021 \(6\)](#)
- [December 2020 \(9\)](#)
- [November 2020 \(30\)](#)
- [October 2020 \(31\)](#)
- [September 2020 \(28\)](#)
- [August 2020 \(11\)](#)
- [June 2020 \(1\)](#)
- [April 2020 \(9\)](#)
- [March 2020 \(25\)](#)
- [February 2020 \(1\)](#)

For Students

- What is happening with in-person activities? Can I still attend class in person? Should I make discretionary non-essential trips to campus or downtown? (01/18/2021) +
- Do I need to wear a face covering? (01/18/2021) +
- Student Conduct Code Sanctions for Hosting or Attending On or Off-Campus Events Prohibited by State or University Group-Size Limitations (1/26/2021) +
- Direct Deposit (01/18/2021) +
- Resources for Mental and Emotional Well-Being (01/18/2021) -

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, the US CDC publishes some information that may be helpful to you [on their website \(External Site\)](#).

Also available is SilverCloud, an online mental health tool available to all University of Maine System students at no cost. It offers self-guided programs for anxiety, depression, stress and resilience. Aimed at helping to address mild to moderate issues, SilverCloud allows individuals to manage day-to-day stressors personally and anonymously. The self-guided program is available any time, on any device. The program can be accessed by UMS students at: <https://umainesystem.silvercloudhealth.com> (External Site).

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 know that you may contact your campus Counseling Services for information and scheduling:

- University of Maine: 207-581-1392
- University of Maine at Augusta Bangor: 207-262-7835
- University of Maine at Augusta: 207-621-3044
- University of Maine at Machias: 207-255 1343
- University of Maine at Farmington: (207) 834-7822
- University of Maine at Fort Kent: 207-778-7034
- University of Maine at Presque Isle: 207-768-9791
- University of Southern Maine: 207-780-5411

(Last reviewed/updated: 01/18/2021)

Campus-Specific Return Information



[UMS COVID-19 Risk Statement](#)