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COVID-19 President_UMaine Community Health and Safety Update

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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://umainsystem.silvercloudhealth.com (External Site).

Dial 2-1-1 Maine for information and referral to community resources or the Statewide Intentional Warm Line at 1-896-771-9276 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: 207-262-7836
- University of Maine at Augusta: 207-021-3044
- University of Maine at Machias: 207-255-1343
- University of Maine at Farmington: (207) 834-7822
- University of Maine at Fort Kent: 207-779-7034
- University of Maine at Presque Isle: 207-768-9791
- University of Southern Maine: 207-780-5411

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