

[Admissions](#)[Campus Life](#)[Academics](#)[Research](#)[About Us](#)[Quicklinks](#)

Student Accessibility Services

[Home](#)[Mission Statement](#)[About Us/Contact](#)[Documentation Guidelines](#)[Requesting Accommodations](#)[FAQ](#)[Housing](#)[More](#)

Managing Mental Health

[Leave a message](#)[TOP](#)

[Nod: A Tool to Help Prevent Loneliness During the COVID-19 Pandemic](#)

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

[How to Manage Anxiety During a Crisis](#)

[UMaine's Counseling Center](#) also has related resources.

[COVID-19 Tips and Resources](#) from the Jed Foundation.

[Being Resilient During Coronavirus](#) from Dr. Rick Hanson of UC Berkley.

Blogs on [Divergent Thinkers](#), [Asperger's](#), [NLD & More](#).

[Click here to return](#) to the COVID-19 resources page

Student Accessibility Services
121 East Annex
Orono Me 04469

Tel: 207.581.2319
Fax: 207.581.9420
um.sas@maine.edu

[Apply](#)[Student Resources](#)[Nondiscrimination notice](#)[Clery Safety and Security Report](#)[Emergency](#)