Currently, the Purdue University Northwest Counseling Center is not available for in-person sessions due to COVID-19. Subsequently, below is a list of resources, information on ways to cope during this pandemic.

The Purdue University Northwest Counseling Center recognizes that during this time of change many may feel uncertainty and fear along with a host of other emotions. There may be concerns that affect your decisions about how to best manage your health and the health of those around you. In an effort to support you we have drafted a list of coping techniques and support resources to manage stress and anxiety that are attached to this message. Additionally, as updates continue to emerge regarding COVID-19, Purdue University Northwest is monitoring the situation and meeting regularly to review local, state, and national health agency reports and assess preparedness plans. Please regularly review the COVID-19 Information website from Purdue University Northwest to learn of any updates at https://www.pnw.edu/pnw-and-coronavirus-covid-19/

**Coping with Uncertainty, Change, and Fear**

- **Keep things in perspective.** It is totally ok and normal to have some worry about COVID-19 however keeping things in perspective can help to manage this. The fact that coverage is increasing on this issue does not necessarily mean that it presents an increased threat to you or your family. Often anxiety increases when we face new or unknown challenges. All of us have experienced a new or unknown challenge thus we are not alone in this. Reflect on what you have done in the past to support you in times like this and share supportive and resilience building resources with each other via phone and video calls. For a podcast on managing anxiety, see: https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety

- **Manage information sources and get the facts.** Looking for reliable fact-based sources and decreasing engagement with fear-based sources. It is helpful to adopt a more analytical approach as you follow news reports about the coronavirus. You will also want to verify information that you receive from family, friends or social media. A few options are:
  - Purdue University Northwest COVID-19 coverage page https://www.pnw.edu/pnw-and-coronavirus-covid-19/
The U.S. Centers for Disease Control and Prevention  
World Health Organization  
https://www.who.int/
Indiana state government page for those in the Indiana area  
https://www.in.gov/coronavirus/  
For those outside of Indiana reviewing the appropriate state government page for the area you are in.

- **Communicate with your social support system and promote hope between each other.** Focusing on routines, schedules and preparedness plans can help decrease distress. Fostering a sense of normality and providing a valuable outlet for sharing feelings and relieving stress. You can maintain these connections without increasing your risk of getting the virus by talking on the phone, texting or chatting with people on social media platforms. Feel free to share useful information you find on government websites with your friends and family. It will help them deal with their own anxiety.
- **Seek additional help when necessary.** Individuals feeling they are in crisis during this time can reach out crisis support services. Utilizing online and call-in options helps to reduce exposure. Please review below list for options. If you are feeling you are in immediate danger or crisis calling 911 is an option.
- **Practice Patience and Be Kind.** Many are experiencing stress during this time and a little extra patience and kindness can go a long way. Using skills from mindfulness and meditation practices along with reminding yourself that people are working to respond to concerns as quickly as possible may be helpful.

(adapted from the American Psychological Association  
https://www.apa.org/helpcenter/)

**Online or call-in resources**

- **Counseling Center’s Mental Health Resource page** – Includes on and off campus resources, crisis hotlines contact info, and helpful apps and websites to explore
  - Please visit https://www.pnw.edu/counseling-center/ to see a list of resources and their contact information or websites.
- **SAMHSA’s National Helpline** - also known as the Treatment Referral Routing Service. They are a confidential, free, 24-hour-a-day, 365-day-a-year, substance use and information service, in English and Spanish.
  - More information about their services can be found at https://www.samhsa.gov/find-help/national-helpline They can also be reached via phone at 1-800-662-HELP (4357), or TTY: 1-800-487-4889.
- **NAMI HelpLine** - National alliance on Mental Illness. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.
  - More information can be found at https://www.nami.org/  
    They can also be reached Monday through Friday, 10 am–6 pm, ET. 1-800-950-NAMI (6264) or info@nami.org
• **National Suicide Prevention Lifeline** - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
  o Contact them by calling (800)273-TALK (8255). More information can also be found on their website at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Options for connecting with a Community Mental Health Provider**

We recognize that some students would prefer to meet with a community provider during this time. Many mental health providers are using Telehealth in compliance with social distancing to prevent transmission of the virus. If that is the case we encourage you to seek the services that fit your needs. If you need to find services in your hometown there are several options.

• Requesting support from your insurance company to find an in-network provider list and understand what services may be covered is a way to get started.
• APA’s Psychologist locator tool can be accessed at [https://locator.apa.org/](https://locator.apa.org/)

Psychology today’s Find a therapist tool can be accessed at [https://www.psychologytoday.com/us/therapists](https://www.psychologytoday.com/us/therapists)

*Adapted from Amber Mosley: clinical services at Valparaiso University*

**Referral List for Mental Health Services**

**by County in NWI and South Suburban Chicago**

*Contact your local health insurance provide to locate covered providers within your network*

**Lake County, Indiana**

*Regional Health Clinic*  219-937-3300  
559 State Street  Hammond, IN  46323  
Provide services on a sliding fee scale, cash, credit, Medicaid, Medicare, and commercial insurance

*Edgewater Systems for Balanced Living*  219-885-4264  
1100 West 6th Ave.  
Gary, IN  46402
**Regional Mental Health Center** (has multiple locations) [http://www.regionalmentalhealth.org/index.html](http://www.regionalmentalhealth.org/index.html)

- 5900 Hohman Avenue, Hammond, IN 46320
- 2600 Highway Ave., Highland, IN 46322
- 2150 Hohman Avenue, Hammond, IN 46320
- 2160 Hohman Avenue, Highland, IN 46322
- 219-931-0427
- 219-972-0131

- 1441 East 84th Place, Merrillville, IN 46410
- 7783 E. Ridge Road, Hobart, IN 46342
- 219-794-2000
- 219-795-8660

**LaPorte County, Indiana**

**Swanson Center** [http://www.swansoncenter.org/index.html](http://www.swansoncenter.org/index.html)

- 1230 State Road 2 West, LaPorte, IN 46350
- 224 West 400 North, Michigan City, IN 46360
- 219-362-2145
- 219-879-4621

**Psych Consults**

- 809 Jefferson Ave, La Porte, IN 46350
- 219-898-5646

**Porter County, Indiana**

**Porter-Starke** [http://www.porterstarke.org/](http://www.porterstarke.org/)

- 601 Wall Street, Valparaiso, IN 46383
- 219-531-3500

**Family Concern Counseling** [http://familycounsel.org/](http://familycounsel.org/)

- 2004 Valparaiso Street, Valparaiso, IN 46383
- 219-477-5646

**Duneland Counseling Center** [https://www.duneland-counseling.com/](https://www.duneland-counseling.com/)

- 215 West Indiana Avenue, Chesterton, IN 46304
- 219-921-0705
Southside of Chicago  
**Pillars**  [https://pillarscommunity.org/](https://pillarscommunity.org/)  
8020 West 87th Street  
Hickory Hills, IL 60457  
708-745-5277

450 West 14th Street  
Chicago, IL 60411  
708-503-1218

1536 Vincennes Avenue  
Chicago Heights, IL 60411  
877-692-8686

Crisis Resources  
**Northwest Indiana Crisis Center Hotline**  1-800-519-0469

**National Suicide Prevention Crisis & Talk Line**  1-800-273-8255 (English)  
1-877-784-2432 (Spanish)

**Crisis Text Line**  741741