

COUNSELING CENTER

Newsletter



What's new at the Counseling Center

SKILL-BUILDING VIDEOS

To help support students during our remote learning period, the Counseling Center staff have created a series of skill-building videos made accessible to all Skidmore students. There are four series available: Depression Skills Workshop, Managing Difficult Emotions, Anxiety Skills Workshop, and Managing Stress with Mindfulness.

These videos are available at the following link:
<https://www.skidmore.edu/counseling/skill-building/skillbuildingvideos.php>

WWW.SKIDMORE.EDU/COUNSELING

This month's issue:

SKILL-BUILDING VIDEOS

OUT OF THE DARKNESS
VIRTUAL SKIDMORE
COLLEGE CAMPUS WALK

AFSP'S TALK SAVES
LIVES

COUNSELING CENTER
WEB RESOURCES



Hours:

Monday - Friday
9:00 am - 12:00 pm
1:00 pm - 4:30 pm

For emergency situations after hours and on weeks, when the college is in session, please call 518-580-5555 and follow the prompt to access the appropriate resource.

Counseling Center
1st floor of Jonsson Tower
518-580-5555

This year's campus **Out of the Darkness Walk** will be held as a virtual event from April 26th - June 30th with kick-off on April 26th at 1:30 pm via Facebook Live and Zoom.

To learn more and to register for the walk, please visit the Virtual Skidmore College Campus Walk page **here**.



Sign up for the Thursday April 30th Session -
www.tinyurl.com/TSLSkidmore430

Join us Thursday, April 30th 2020 from 5:30 – 6:30 PM for a Webinar featuring AFSP's **Talk Saves Lives** presentation, an introduction to suicide prevention. We will cover the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it. We will also discuss how to take care of your mental health during uncertain times and share self-care techniques. Feel free to use the chat function to ask our team questions!

Counseling Center Web Resources

Recognizing that the transition to online learning and social distancing had been challenging, we'd like to highlight resources available on the Counseling Center website.

Our page **Coping During the Coronavirus Pandemic** has a number of free and informative pages linked like **Sanvello** which is offering free premium access to a range of resources to help with stress, anxiety, and depression during the coronavirus pandemic. **Tao Connect** is offering 23 Guided Meditations to Help with Stress Reduction.

Some may find our **Time Management** page especially helpful leading up to finals week.

Good luck on finals, and best wishes for a safe and happy summer.