

## Emotional Resources

Maintaining good mental health is as important as keeping our physical bodies in good health. It strengthens and supports our ability to have a positive outlook on life and a strong self-image. This helps you to better take responsibility for the things you do and develop the ability to look at challenges as opportunities. It cannot be ignored!

### On Campus Resources

[Center for Counseling and Student Development](#) - Supporting students using programs and services to help with reducing psychological symptoms, coping with life events, improving interpersonal skills, and increasing self-knowledge and resilience.

[TimelyCare](#) - Free, 24/7 access to virtual mental health and victim support with a licensed mental health provider.

[Student Wellness and Health Promotion](#) – Provides students with wellness tools to make healthy choices that contribute to a safer UD. Programs include Alcohol and Substance Abuse Support, Recovery Support, and Wellness Education.

[Collegiate Recovery Community](#) – UD’s program for students seeking sobriety. Promotes activities that are supportive of one’s recovery.

[Division of Student Life](#) – Provides innovative, challenging and engaging student-centered programs that are essential to students’ educational success.

[Office of Academic Enrichment](#) – Empowers students to develop the academic skills and strategies that will pave the way for future success. Provides tutoring, time management, on-line and in-person workshops.

[Blue Hen Veterans](#) – Serves as a voice for student veterans. Connects members with the resources to support academic and career success as well as build a student veteran community and foster camaraderie.

[Community Engagement Initiative](#) – Established in 2016 to further strengthen the University’s identity and contributions as an engaged research university.

Partnership for Public Education – PPE has a [two-part webinar series](#) for wellbeing. These webinars were presented by Tia Barnes and Marika Ginsburg-Block. The first webinar is *Educator and Parent Self Care in Times of Crisis*, and focuses on the introduction or worsening of stressors such as social isolation, job loss, concerns for loved ones, and overall uncertainty. The second webinar is *Strategies for Supporting Children’s Emotional Well-Being*. They present signs of stress that children of all ages exhibit, when to contact a professional, and strategies to help children cope.

## Off Campus Resources

[7 Time Management Tips for Students](#) – Top time management tips. (A blog by Rachel Campbell for QS – Top Universities)

[5 Time Management Tips for Teachers](#) – Tips that teachers can use every day. (written by the editorial team at Resilient Educator)

[Student Teaching Survival Tips](#) – A series of suggestions submitted by other student teachers (A to Z Teacher Stuff)

[Therapists in Newark](#) – A listing of therapists available in the Newark area, searchable by insurance, issues, sexuality, gender, age, language, faith, and types of therapy.

[Alcoholics Anonymous](#) – An international fellowship of men and women who have had a drinking problem.

[Narcotics Anonymous](#) – A global, community-based organization that offers recovery from the effects of addiction through working a twelve-step program including regular attendance at group meetings.

[7 Cups](#) - Free, anonymous and confidential online text chat with trained listeners, online therapists & counselors.

[11 Things to do to Start Being Happy Today](#) (article by Benson Wong)

[Meditation 101: Techniques, benefits, and a Beginner's How-To](#) (article)

[6 Podcasts to Listen to When You're Feeling Stressed, Because We All Need to Chill out Sometimes](#)

[Love is Respect](#) – Contains information on setting boundaries in personal relationships. Also has a section on how to support others who you feel are in an unhealthy relationship. Has a “chat now live” option as well as help through text.

[Domestic Violence Coordinating Council \(DVCC\)](#) – State of Delaware site for victim services for those affected by domestic violence.

## For Your Students Resources

[Scary Statistics about Adverse Childhood Trauma](#) – A collection of trauma-informed resources for managing stress at school – both yours and your students’. (An article from Resilient Educator)

[Treating the Effects of Childhood Trauma](#) – an overview of childhood trauma and its long-term effects on health, attachment, and relationships (article by Amy Morin, medically reviewed by Aron Janssen and published through Verywell Mind)

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