

# The Outhouse

News you can use  
When you gotta go...

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Shannan Breault, Editor

## Welcome Back!

### Wellness Center Updates

This semester there will be no walk-in appointments at the Wellness Center. All students must call the Wellness Center for an appointment. Most appointments will be conducted through tele-health services, using Microsoft Teams. There will be very limited in-person appointments available.

To schedule an appointment:  
518.255.5225.

### Self-Care for the College Student

**1. Know that it is okay to feel how you are feeling.**

It's normal to feel sadness, anger, frustration, anxiety, or all of the above during a crazy time.

**2. Maintain a routine.**

Start your day at about the same time each day. Set goals for things to complete each day.

**3. Practice good sleep hygiene.**

Maintain a consistent sleep schedule. Limit screen time in the evening.

**4. Connect with others.**

Make an effort to stay socially connected by engaging in regular video or phone calls with friends and family.

**5. Take a break.**

Take time for yourself each day to do something you enjoy and that you find relaxing or rejuvenating.



360° OF WELLNESS  
WELLNESS CENTER SERVICES



#### The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Director Lynn Ontl at 518-255-5225