The Outhouse

News you can use
When you gotta go...

Issue 1 - August 17, 2020 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 inperson appointments available.

To schedule an appointment: 518.255.5225.

360° OF WELLNESS

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.

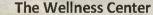
4. Connect with others.

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.





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