

Student Resources and COVID-19 Student Survey

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To: SA-UPDATES@LISTSERV.SYR.EDU <SA-UPDATES@LISTSERV.SYR.EDU>

Bcc: Timothy M Johnson <tjohns46@syr.edu>

Hello Orange Family,

We hope you and your loved ones are healthy, safe, and well. We are respectfully writing to you about a few items that we deem as both important to know as well as SA leading support in a time of need:

We, Justine Hastings, Ryan Golden & the Student Association, acknowledge the tragic deaths of George Floyd, Ahmaud Arbery, Breonna Taylor, and countless others who have died due to racial violence and/or police brutality. We also acknowledge that these recent events may have taken a mental toll on our fellow students, especially Black students. We recognize that these events do not occur in

a vacuum and want to extend our deepest sympathies to those who are struggling with these mindless acts of violence. Acts of violence such as these have the ability to remind us of the constant fear and dehumanization that marginalized communities face every day, sadly even on our own campus. Not only do we stand with the Black community in saying that #BlackLivesMatter, we commit ourselves to doing everything we can to prevent these acts on our own campus.

We also acknowledge that students and their families are experiencing life-changing events related to the COVID-19 pandemic, many ranging from mental health problems to financial problems to domestic violence. For all of these reasons, we have compiled a list of resources that will be **continuously updated** on [the Student Association website Resources page](#). This page will include many resources students might need in areas of mental health, financial accessibility, cultural competence, education, etc. If you would like to share a

resource with us to include on the website, please reach out to us, Justine Hastings (jchastin@syr.edu) and/or Ryan Golden (rjgolden@syr.edu).

We also wanted to make students aware of the **COVID-19 Student Survey**.

Please take this anonymous survey and tell us your experiences related to COVID-19 and social distancing. Your experience will help design the communication efforts for students, made by students: bit.ly/3dcYm8K. The survey closes Friday, June 12, at 11:59 p.m.

Resources for Students (specified by category):

Mental Health Resources Specific to Black Students:

As the National Alliance on Mental Illness notes, “mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, your concerns or experiences and how you

understand and cope with these conditions may be different. Although anyone can develop a mental health problem, African Americans sometimes experience more severe forms of mental health conditions due to unmet needs and other barriers”.

That being said, here are just a few resources geared towards helping Black students receive access to culturally competent mental health care:

[The Boris Lawrence Henson Foundation](#), their [free COVID-19 Virtual Therapy Campaign](#) (round 1 is currently closed, but be sure to frequently check for round 2) and their [directory of mental health providers and programs](#) dedicated to serve the African-American community.

[The Alameda County Everyone Counts Campaign's Black Mental Health Resources](#) which includes websites that provide information on mental health issues, creative outlets and forums to cultivate conversations around mental health and more.

Resources for Survivors of Domestic Violence & Abuse

(curated by SA Assembly Representative Amanda Byrne):

Safety Planning could be a very important tool for individuals that are not in safe environments. This is a personalized plan that you can create with a resource below that will help you stay safer during this time.

How to Create Your Own Safety Plan:

[National Domestic Violence Hotline's Path to Safety](#)

[Go Ask Rose's Operation: Safe Escape](#)
[Domestic Violence Resource Center's Safety Planning Guide](#)

Resources that are accessible for students include:

- Confidential counseling, safety planning and exploring reporting options with the

Sexual & Relationship Violence Response Team (315.443.8000) Personal and/or academic support plans, advocacy, safety planning and procedural advising with the case managers in the Dean of Students Office (315.443.4357 or email: dos@syr.edu)

- Informal or formal reporting of sexual violence, relationship or domestic violence, stalking or sexual harassment with Title IX in Equal Opportunity, Inclusion, and Resolution Services (315.443.4018 or titleix@syr.edu or equalopp@syr.edu)
- Informal or formal reporting of sexual violence, relationship or domestic violence, stalking or sexual harassment with Title IX in Equal Opportunity, Inclusion, and Resolution Services (315.443.4018 or titleix@syr.edu or equalopp@syr.edu)
- Vera House Inc. is open and available for anyone who needs support. Information is available anytime 24/7 by calling

315.468.3260. or online at
<https://www.verahouse.org/>

National Online Chatting Resources (as we recognize that some individuals might not be able to have private phone calls or video sessions at this time):

- The National Domestic Violence Hotline is 24/7, confidential and free: **1-800-799-7233** and through [chat](#).
- The National Sexual Assault Hotline is 24/7, confidential and free: **800.656.HOPE (4673)** and through [chat](#).

Information on how to clear your browser history to hide your online activity:

[Emergency exit browser information & delete history](#)

[How to clear your browser history](#)

Tips for helping a friend experiencing domestic abuse during COVID-19 (in [English](#) and [Spanish](#))

Resources for the duration of the COVID-19 pandemic:

[New York State Office of Mental Health Covid-19 Resources](#)

[NYC Well's COVID-19 Digital Mental Health Resources](#)

[Resources For Survivors During COVID-19](#)

[The Lesbian, Gay, Bisexual & Transgender Community Center's COVID-19 Resources](#)

[Free Educational Resources for Schools During COVID-19 Outbreak](#)

[National Alliance on Mental Illness' COVID-19 Resource and Information Guide](#)- amazing

resources for those who have lost loved ones, need support caring for people with mental illnesses, and/or experiencing homelessness

[The New York State Education Department \(NYSED\)'s COVID-19 Resources for Families and Communities](#)

Of course, there are so many topic areas and resources to cover in just one email so please

frequently check [the Student Association website Resources page](#) for continuous updates. If you would like to share a resource with us to include on the website, please reach out to Justine Hastings (jchastin@syr.edu) and/or Ryan Golden (rjgolden@syr.edu).

Stay well,

Justine Hastings and Ryan Golden
President and Vice President

Student Association

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Syracuse University