

Monsour Counseling and Psychological Services (MCAPS)

January 7, 2021 Statement

Yesterday's violence and unrest in the U.S. Capitol building and elsewhere were difficult to see, for many people. Such events can be uncomfortable, scary, upsetting, and even traumatizing, particularly for survivors of previous trauma. This all occurred against a backdrop of a global pandemic, racial injustice, economic inequality, and other major stressors. We encourage all students to reach out to trusted others for support as needed. We would also like to remind students of the following options for self-care and external support.

Self-care suggestions:

- Talk about it – discussing your feelings with friends and loved ones can help you feel less alone. As always, use your judgment about who is likely to be supportive. When you are feeling vulnerable or stressed, it is generally not a good time to engage with those who may invalidate your experiences or feelings.
- Get regular sleep, as well as “down-time” to rest and recuperate.
- Strive to get some form of physical exercise, and eat in a balanced and healthy way. Treat your body with kindness.
- Spend some time outdoors each day, if possible.
- Practice deep breathing or other forms of relaxation.
- Pay attention to how news sources and social media may be impacting you. Balance staying informed with taking intentional breaks as needed; this balance may look different for each person. It is OK to choose to step away from the news cycle when you need to.

Mental health support for TCC:

Crisis support via telephone will continue to be available to all students throughout the winter break, 24 hours/day. To access this service, please call us at 909-621-8202, and press "1" to be connected to an on-call therapist. The on-call therapist will also be able to assist you in finding a local referral in your area if you would like one.

MCAPS will reopen on Monday, January 18, 2021. At that time, feel free to call 909-621-8202 to set up a teletherapy crisis appointment or brief assessment. We can offer ongoing teletherapy to students currently residing in the state of California, and can offer one-time assessments or crisis appointments to students residing in any location.

All students at The Claremont Colleges also have access to Campus Health, which provides 24/7 on-demand teletherapy sessions for all students, at no cost. To get started, visit 7C.Health and you will be prompted to access care using your student SSO login information.

Students with SHIP (Aetna) medical insurance can also access tele-medicine appointments, including behavioral health appointments:

<https://services.claremont.edu/student-health-services/wp-content/uploads/sites/13/2018/09/Aetna-Teledoc.pdf>

Additional support resources (external and TCCS):

- National Hotlines: 1-800-SUICIDE (1-800-784-2433) and 1-800-273-TALK (1-800-273-8255)
- Didi Hirsch 24-hour Crisis Line: 1-877-727-4747 (for Spanish, dial 1-800-628-9454)
- LGBTQ – The Trevor Lifeline: 1-866-488-7386
- Trans Crisis Line: 1-877-565-8860
- Crisis Text Line: Text HELLO to 741-741
- Students of Color Crisis Text Line: Text STEVE to 741-741
- Office of Black Student Affairs (OBSA): 909-607-3669
- Chicano Latino Student Affairs (CLSA): 909-621-8044
- Chaplains (McAlister): 909-621-8685