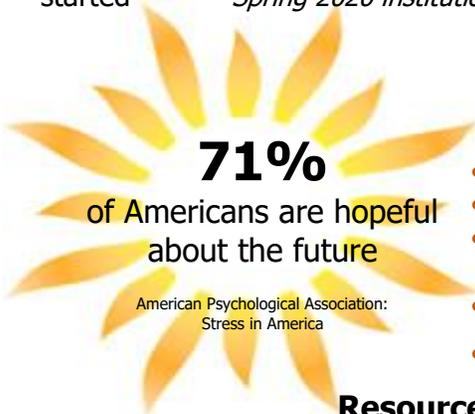
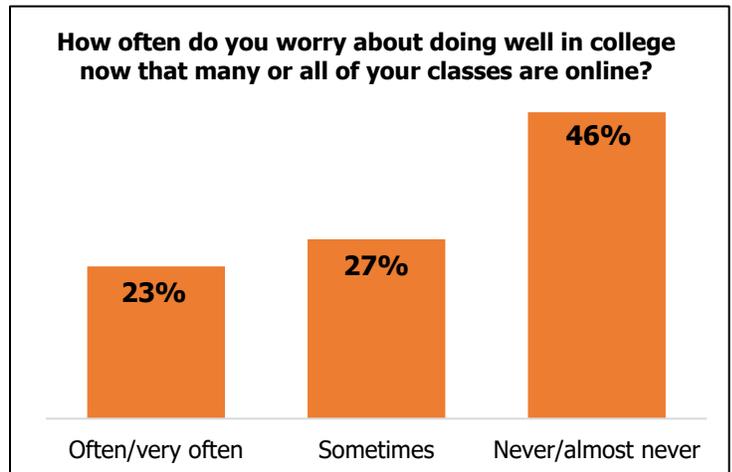


Coping with Uncertainties during the Pandemic

College students continue to report stressors impacting their studies

- 75%** struggled with stress or anxiety
- 58%** dealt with loneliness or isolation
- 58%** worried about keeping up academically
Fall 2020 national survey of 4-year college students
- 50%** of South Piedmont students were sometimes or often/very often worried about their online courses
- 57%** of South Piedmont faculty and staff felt adverse effects on their own mental health as the pandemic started
Spring 2020 institutional surveys



2020 has brought more than its share of uncertainty. Reframing your approach won't make the issues disappear but it can help in managing the challenges you face. Here are some approaches that can help:

- Believe in your ability to manage what comes.
- Remember that uncertainty does not equal bad outcomes or results.
- Think about past accomplishments in times of uncertainty. You can handle uncertainty even though it's hard.
- Try varying your approaches when one stops working.
- Use the resources listed below for help.

Resources *are* available for students, faculty, and staff

Resources for faculty and staff:

- National Suicide Prevention Lifeline**•800-273-8255
24/7, free support for prevention and crisis resources
<https://suicidepreventionlifeline.org/>
- Domestic Violence Survivor Support**•704-283-7233
<https://turningpointnc.org/>
- Drug & Alcohol Addiction Treatment**•866-275-9552
Daymark Recovery Services, 24-hour crisis line
<https://www.daymarkrecovery.org/>
- Employee Assistance Program-EAP**
Online training • Online resources
mygroup.com | Click on My Portal Login | Work-Life
Username: spcceap | Password: guest
Counseling • for Full-time employees • 800-633-3353
- Findhelp.org:** *Free/reduced-cost services*
<https://www.findhelp.org/>

Fun tips:

- **List your favorite activities.**
Try to do at least one per day or per week.
- **Go for a walk. To change your routine, take your walk in a different neighborhood or part of town.**

Resources for students:

- SPCC Counselors**•counselors@spcc.edu•704-290-5844
Counselors are available to meet virtually, by phone, or in-person
<https://spcc.edu/student-resources/students-counseling/>
- Student Assistance Program-SAP** • 800-633-3353
mygroup.com | Click on My Portal Login | Work-Life
Username: spccsap | Password: guest
Assessment and Counseling • Online services
Legal services • Financial services
- National Suicide Prevention Lifeline** • 800-273-8255
24/7, free support for prevention and crisis resources
<https://suicidepreventionlifeline.org/>
- Domestic Violence Survivor Support** • 704-283-7233
<https://turningpointnc.org/>
- Drug & Alcohol Addiction Treatment** • 866-275-9552
Daymark Recovery Services, 24-hour crisis line:
<https://www.daymarkrecovery.org/>
- Findhelp.org:** *Free/reduced-cost services*
<https://www.findhelp.org/>

Tips are provided for general information and are not specific directions, advice or recommendations. For personalized guidance, consider contacting an appropriate professional about your situation.