

## Online Resources for Maintaining Mental Health/Well-Being for Students of Color and their Families

- **[Steve Fund](#)**: Is a non-profit organization dedicated to promoting the mental health and emotional well-being of college/university students of color. Below is their response to providing tips and resources for students of color and their families.
  - In general, I would also encourage students to browse their website with [webinars and videos](#) about how families can support students through the college process as well as their [Peer to Peer Self-Care Tips](#) (see also PDF attached).
  - **Crisis Services via Steve Fund**: *Are you a young person of color? Feeling down, stressed or overwhelmed? Text STEVE to 741741 and a live, trained Crisis Counselor will receive the text and respond to you quickly to provide support. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.*
- **[United We Dream](#)**: Is the largest immigrant youth-led community in the nation. Please see attached flyer for info regarding COVID-19 and immigrant communities as well as their [Instagram](#) for the most up-to-date information.
- **Spanish Songs (music relief)**: This was forwarded in my National Latinx Psychological Association listserv from a therapist working with a client who was having trouble getting her extended familia to engage in social distancing. These are new releases of Spanish songs to help spread messages about the COVID-19 via an upbeat mode of communication. Note, these videos have been endorsed by the CDC.
  - [Quedate En Casa](#)
  - [La Cumbia del Coronavirus \(1\)](#)
  - [La Cumbia del Coronavirus \(2\)](#)
- **[National Center for Transgender Equality](#)**: Has created a [web page](#) and how trans people and their families can stay safe during this public health threat.
- **[National LGBT Cancer Network](#)**: Has created a [web page](#) with resources and information about what LGBT communities need to know about COVID-19.
- **How to talk to kids about COVID-19**: Attached are two additional resources created by the National Association of School Psychologists and the National Association of School Nurses on how to talk about COVID-19 with children and additional resources. These documents may be particularly useful for college students who often are in the caregiver role within their families and also resources for parents with children. See both English and Spanish version attached.

## Resources for obtaining on-going Mental Health services

- **[Marquette University Counseling Center](#)**: Due to the COVID-19 pandemic and the University's statement announcing there is clear and convincing medical evidence about the university's ability to contain a spread of the virus on campus, **the Counseling Center will be suspending in-person service delivery until further notice. If you are experiencing a life threatening mental health or medical emergency, go to the nearest**

**Emergency Department in the city you are currently residing or call 911.** For students with already scheduled appointments, your counselor will be calling you to discuss treatment planning. If you need help with a mental health issue or want assistance locating a therapist who may be able to see you in person, please call us at (414) 288-7172 and a counselor can talk you through community resources.

- **[Sixteenth Street Community Health Center](#):** Offers both [behavioral health](#) (including substance use counseling) and medical services for residents in the surrounding Milwaukee area. They accept all individuals, regardless of having insurance or not and regardless of immigration status (i.e., DACAmented/undocumented, etc.). To make a behavioral health appt., call (414) 672-1353 or if you live near Waukesha, call (262) 408-2530. Bilingual services in Spanish also available. We heard, as of today, they are still seeing patients at their clinics and have established additional health-screening procedures to ensure the health/safety of those entering the buildings.
- **[Red Oak Counseling](#):** Is a private practice of therapists providing mental health and substance use services in either Elm Grove, WI or Oak Creek, WI. Here is current information about MH services as of 03/17/20:
  - They have substance abuse therapists that are currently taking new AODA clients only
  - They have a wait list of a couple days to a couple weeks (changes frequently) for clients with dual diagnosis treatment (eating disorders, alcohol and drug abuse, etc.) or other various mental health concerns that want evening appointments
  - Clients will get an intake earlier if they are able to come for appointments during the day
  - They have medication management with a Physician Assistant there available and she has current openings at this time
  - They also offer a sliding scale fee with licensed therapists and have interns who are supervised that see clients for a flat fee of \$20
  - They are also in network with some insurance networks to provide telehealth (on-line video calling) as well
- **[Psychology Today](#):** Online database to find therapists across the country. Primarily individuals that take insurance are listed in this database, however, some providers offer "sliding-scale" fees, which means sessions at a lower cost.
- **Insurance Option:** If students have access to insurance, they can call the back of your insurance card to ask for a list of therapists in-network in the city that they are currently residing.

### **Resources for obtaining free or low-cost internet service**

- [Spectrum offers free internet so students can do classwork at home](#)
- [Comcast: staying connected during coronavirus](#)

### **Resources for obtain food options**

- **Milwaukee Neighborhood News Service:** has compiled a [list of community resources offering food options](#) for Milwaukee residents. The website does encourage people to call specific places ahead to ensure the resource is operational at this time.

**Remain reality based on coronavirus using trusted sources** of accurate, up-to-date information such as:

- Centers for Disease Control <https://cdc.gov>
- American Public Health Association <http://apha.org>
- National Child Traumatic Stress Network <http://ntcsn.org>
- World Health Organization <https://www.who.int/>