

Over the past months we have seen the effects of COVID-19, which have impacted us in many ways including physically, mentally, socially, emotionally, and financially. These effects can be very noticeable but as we know with many things in life, sometimes you don't know how something truly affects you until later. As a result, it is especially important to recognize your coping skills and supports that can be helpful during difficult times. As we continue on during the summer and parents and students get prepared for what the Fall may bring, it's crucial to be mindful of not only your physical health but your mental health as well.

There are higher rates of mental health concerns including depression and anxiety in the college student population. Currently, these concerns have been intensified by stress and worry surrounding global issues of racial injustice and the pandemic. That is why the staff at the Counseling and Well-Being Center reminds parents and students of their resources on campus. The Center is located on the first floor of Tewksbury Hall. Here is a [link](#) to the Center's webpage. On our page, you can access some useful links and resources to keep in mind as well as contact information for the Center. Student Activities, located on the 2nd floor of Hibbard, is also another good resource. Students can get more information about ways to get and stay connected on campus through Keystone's many different clubs and organizations.

Parents, we encourage you to start and/or continue to have conversations with your students about mental health. Specifically, we ask that you discuss how recent events have impacted their current mental health. This has been an incredible time of change. Many of this time involving the elimination of events you and your students were looking forward to this year. Having these conversations not only gives you a chance to check in and connect but they also work to normalize talking about your mental health. This is something that helps to reduce stigma and hopefully encourage reaching for help when needed. We also would like to point out one of our presentations, [Staying Healthy During COVID-19](#), which has some useful information for during this time.

Additionally, below is a link to an article that speaks to some of the impacts of Coronavirus for college students.

<https://www.usnews.com/education/best-colleges/articles/how-college-students-are-managing-coronavirus-stress>

Please continue to take precautions, stay safe, and we will see you during Orientation and Welcome Weekend!