

A message for students and trainees from University Health Services' Office of Wellness and Health Promotion (March 17, 2020)

- UHS Wellness has postponed all in-person events in line with university policies and guidance regarding COVID-19. We are available by virtual meeting and email. Please contact uhswellness@jhu.edu with any questions, requests or concerns. For a weekly email with updates on well-being, including virtual resources and support during this time, subscribe to our [listserv](#).
- Up to date information about primary care and mental health services for East Baltimore learners can be found on the [University Health Services](#) site.
- The UHS Wellness Mindfulness for Stress Reduction sessions with Dr. Neda Gould will be offered via Zoom Friday March 20th 12pm -1pm and Monday March 27th 10 am -11 am. All are welcome to join with the following link and log-in information.
<https://jhjhm.zoom.us/j/533071937?pwd=RWlzTFBrNGFHVndDQWdMQmlmQlRqZz09>. Meeting ID: 533 071 937, Password: 100310
- We encourage you to peruse our [resources pages](#) for fitness apps, healthy recipes, and information on accessing interactive platforms for emotional and mental health such as [Calm](#) and [SilverCloud](#), which both are offered free to JHU students and trainees. Calm is a mindfulness meditation app that includes soothing sounds and peaceful pictures, along with guided meditation and sleep stories. JHU users have free premium access by signing up at calm.com/jhu with their JHU or JHMI email address. SilverCloud is an online, confidential mental health resource now free and available to all full-time students and trainees. Offers 24/7 access to interactive learning modules that teach cognitive behavioral therapy (CBT) techniques. To sign up to use the platform, eligible students and trainees can visit jhu.silvercloudhealth.com/signup.
- Additional university resources on health and wellness are available at <https://wellness.jhu.edu/> and on Instagram @jhuwellness.
- [The JED Foundation](#) is a non-profit that focuses on emotional health and suicide prevention for young adults. See their page on [managing mental health during COVID-19](#) and their recorded webinar entitled [Resilience, Coping and Parenting Strategies During Uniquely Challenging Times](#).
- If you have any ideas or feedback about how the wellness office can serve you at this time, please complete this brief [feedback form](#) or contact us at uhswellness@jhu.edu

You can also find resources and updated information on the university's operations and response on our [Hub COVID-19 Information Page](#)