



2020-2021

University of
New Hampshire

Wildcats Care Resource List

Virtual Resources for Wildcat Wellness



UNH Student Life and the entire UNH community are here to support you as you navigate remote learning, winter break, and the transition to the Spring Semester.

We are committed to your academic success and well-being, and we know these times can cause uncertainty, doubt, and stress. We've put this resource list together so you have the tools and resources you need to do well academically and to take care of yourself.

Here you'll find brief descriptions of on-campus and Student Life services, as well as 24-hour and emergency resources.

Be well and please reach out if you need us!



Wildcats Care.
Practice self-care.
Reach out for support.
#UNHTogether

- [Emergency Services](#)
- [The Beauregard Center](#)
- [Campus Recreation](#)
- [Center for Academic Resources \(CFAR\)](#)
- [Fraternity and Sorority Life \(FSL\)](#)
- [Health & Wellness](#)
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- [Memorial Union and Student Activities \(MUB\)](#)
- [Military and Veteran Services](#)
- [Office of Community, Equity, and Diversity](#)
- [Office of International Students & Scholars \(OISS\)](#)
- [Psychological and Counseling Services \(PACS\)](#)
- [Sexual Harassment and Rape Prevention Program \(SHARPP\)](#)
- [Student Accessibility Services \(SAS\)](#)

EMERGENCY SERVICES

Quick Reference

If you are experiencing a life-threatening emergency, please call 911 or visit your local emergency room.

Health & Wellness: Call (603) 862-9355 or visit unh.edu/health

Psychological & Counseling Services (PACS): Call (603) 862-2090 or visit unh.edu/pacs

Sexual Harassment & Rape Prevention Program (SHARPP): Call (603) 862-7233 (available 24/7), text (603) 606-9393 (available M-F 9am-4pm), or visit unh.edu/sharpp

Suicide Prevention Lifeline: Call 1 (800) 273-TALK (8255) or visit suicidepreventionlifeline.org

Crisis Text Line: Text WILDCAT to "741741"

If you are having trouble meeting basic needs (e.g., food, housing, money), please visit the [UNH Basic Needs Support](#) page.

If you are experiencing immediate financial difficulty, the [Student Emergency Financial Assistance Fund](#) may be available to you.

The Beauregard Center (previously OMSA)

The Beauregard Center is Here For You: While we may be physically apart, the Beauregard Center is still very much here for you! We are available via email, phone, text, Facebook, or Zoom. Follow @thebeauregardcenter on Instagram or visit our Facebook page to learn more about upcoming events. Find more information at our [Services page](#).



Campus Recreation: Staying active is an important part of maintaining a healthy lifestyle. For ideas on how to stay active, Campus Recreation is providing different ways to move and engage with other students, including both in-person and virtual group exercise classes. Follow us on Instagram at @UNHCampusRec, [download](#) the new Campus Rec App, and [check out our webpage](#) for updates.



The Center for Academic Resources (CFAR) is dedicated to student academic success. We coach students on study skills, time management, organizing materials, exam strategies, problem-solving, and utilizing online portals to study smarter. Services include:

- ☐ [Virtual or in-person meetings](#) with CFAR Educational Counselors
- ☐ Virtual meetings with [peer mentors](#) to learn best study practices for your classes
- ☐ [Tools and tips for remote learning](#)
- ☐ [Study tips and tools](#)
- ☐ Dozens of [video tutorials and tips](#) for CHEM, BIOL, PHYS, and Anatomy and Physiology

Reach us on our Chat Now button at: www.unh.edu/cfar or by email at cfar.sss@unh.edu. We are here for you. Please reach out.



The Office of Fraternity & Sorority Life is continuing as many of our normal operations as we can virtually. The chapters, presidents, and councils continue to meet regularly. They are participating in online philanthropic efforts, community-building group activities, and working with their chapters to prepare for the future.

FSL Virtual and In-Person Hours: Have a question? Want to set up a meeting? Need help implementing a chapter virtual idea? The Office of Fraternity and Sorority Life will operate in person, hybrid, and virtually. Please set up meetings with [Jamie Silverstein](#) for all options.

Social Media: Follow @unh_fsl on Instagram for updates and upcoming events.



Health & Wellness

Health & Wellness is here for you, whether you're on campus or not. We have moved many of our services and programming options online. [Subscribe to our newsletter](#) for updates on in-person and virtual services, events, programs, and more.

- ☐ **Telehealth** is available for non-emergency medical care and wellness counseling/education (nutrition, alcohol, nicotine and other drugs, and wellness coaching) appointments via Zoom. Make an appointment [online](#).
- ☐ **After-Hours:** You can call (603) 862-9355 even when we're closed to be connected with our after-hours nurse service.
- ☐ **Self-care opportunities:** Download our [Monthly Wellness Calendars](#). Visit our [Events page](#) for upcoming events and workshops.
- ☐ **Ask a Health Provider service:** Send your health-related questions about COVID-19 along with your contact information to HW.COVID19@unh.edu.
- ☐ **Educational Program Requests:** We are still offering many of our Wellness Education Programs for classes, student organizations and other groups via Zoom. Visit [this page](#) for more information and to request a program.

Note: We're still open, including pharmacy, for students who are living on campus and for those who need assistance. Please see our [website](#) for hours, after-hours care information, and details.

Housing & Residential Life



Connect with your virtual on-campus housing community. Just because you're not on-campus doesn't mean you can't use your Hall Director or Apartment Manager as a resource. There is still a lot going on in every community, and we want you to be a part of it! Please engage with your hall or apartment complex on social media, schedule a Zoom meeting with the staff, or contribute to hall council from the comfort of your home. Look for email updates and newsletters from Res Life & Housing often. If you don't know how to contact your hall director or apartment manager, check out our "Meet the Staff" page [here](#)!



Xfinity on Campus – IN YOUR HOME! You are able to log into Xfinity on campus remotely! Some parts of the service are restricted, but the "To Go" live TV and much of the on-demand content, as well as DVR, are all still available to you. Visit [Housing's Cable TV page](#) for more information!

Housing & Residential Life FAQ's: Please visit our [Housing FAQ's page](#) and our [Housing Policy page](#) to find Frequently Asked Questions. Don't hesitate to call us at (603) 862-2120 if you have questions! We are still open during business hours to meet your needs.



University of New Hampshire Memorial Union and Student Activities

The MUB has a variety of opportunities and activities offered by several student organizations to help you connect with other students and explore creative outlets. Find updates and events on [our webpage](#) and on [Wildcat Link](#).



Even though the **Military & Veteran Services Center** has moved online and staff are now working remotely, we continue to provide the level of support and care UNH military-affiliated students have come to expect. For more information about how to meet virtually with a Military Benefits Specialist, [please visit our webpage](#).

Office of Community, Equity & Diversity

The Office of Community, Equity and Diversity is available to serve our community and we are working to foster a culture of belonging even while we are physically apart. To learn more about upcoming opportunities, we invite you to visit our [Events, Programs, & Trainings page](#).



Office of International Students & Scholars (OISS)

The Office of International Students and Scholars (OISS) is here to welcome you. We provide immigration advising and support and coordinate programs to bring our international, campus and local communities together. Our virtual services include:

- **Programming:** Learn more about our upcoming events on our [Facebook page](#)
- **Hi, English Learning Partners (HELPerS – an ESLI program):** Make an appointment by emailing helpwriters.unh@gmail.com
- **Virtual meetings for immigration advising:** oiss.Advisor@unh.edu
- **Virtual meetings for academic support:** Gillissen.Green@unh.edu
- **General questions:** oiss@unh.edu

Follow our [Facebook page](#) for ongoing updates.

Psychological and Counseling Services (PACS)



Telehealth: PACS is now able to offer distance counseling via telephone or face-to-face video conferencing. Telehealth services are available to currently enrolled UNH students who meet eligibility criteria for distance counseling services. To learn more, visit our [Telehealth Services page](#) or call PACS at (603) 862-2090.



WellTrack is a self-guided and interactive resource to support your mental health and well-being. It's easy to use and free-of-charge to UNH students, faculty and staff (anyone who has a unh.edu email address)! WellTrack can help you identify, understand and address anxiety, stress, depression and public speaking anxiety. Visit the [PACS Welltrack page](#) to learn more.

Crisis Resources: We are available to you in the event of a mental health crisis. We are able to offer crisis consultation for urgent and mental health emergencies during our business hours (Monday-Friday, 9am-4pm). If you are trying to reach us from off campus or after hours, please know that there are other resources available to you. You may access a trained counselor 24/7 through the Crisis Text Line by texting "HOME" to 741741. You can also speak with a trained crisis counselor by calling 1 (800) 273-8255. If you are experiencing a life-threatening emergency, please call 911 or visit your local emergency room. For additional crisis resources, visit our [Crisis & Emergency Services](#) page.

Sexual Harassment and Rape Prevention Program (SHARPP)

24/7 Helpline: Speak with a confidential SHARPP advocate 24/7 through our telephone helpline by calling (603) 862-7233.

Text or Chat With Us: Monday-Friday from 9am-4pm, you can now [chat with an advocate](#) on our website or text with an advocate by sending a text message to (603) 606-9393 (regular data and messaging rates apply). All information shared with SHARPP via telephone, chat and/or text messages will be confidential. See more information about the security of our web and text features [on our webpage](#).

Prevention Programming: SHARPP is still offering prevention programming for your student organization, classroom, staff meeting, and more. For a list of which prevention programs we're currently offering in online formats [check out our page here](#). Book programs in advance as we function on a first come, first serve basis.

Student Accessibility Services (SAS)

SAS is operating Monday-Friday, 8am-4:30pm. All appointments and services will be conducted via email or virtually while UNH is operating remotely. When UNH is open in yellow, SAS will hold both virtual and in-person services. If you have a question or concern, please call our office at (603) 862-2607, 7-1-1 or 1 (800) 735-2964 (Relay NH) or email SAS.office@unh.edu.

Resources to manage online learning: Contact SAS to discuss how the change may have impacted you. Managing a new learning environment, study strategies, and different ways of doing things are considerations. We have some resources to help re: e-books and assistive technology.

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Exam accommodation information: SAS is unable to proctor exams while the University's instruction remains online only. Please communicate with your instructors to discuss your exam accommodations in their courses. SAS is available to instructors and students to consult about unique circumstances.

- ☐ Some instructors may opt for alternative assessments (e.g., essays, untimed exams) which would not require exam accommodations.
- ☐ If your instructor is creating online timed exams, please notify your instructor if you will need extended time. Instructors are responsible for setting up extended testing time in Canvas. SAS can provide support/assistance to instructor(s) who may have questions.



Have you experienced an incidence of bias in an online setting related to UNH?

The ReportIt! website is available to you regardless of whether the incident was online or in person. Help us improve our campus and community climate. If you have observed or experienced an incident of bias, discrimination or harassment, please report the incident by contacting the Affirmative Action and Equity Office at affirmaction.equity@unh.edu or TEL # (603) 862-2930 voice/ (603) 862-1527 TTY / 7-1-1 Relay NH, or log on to the [ReportIt! website](#). Anonymous reports may be submitted.

Looking for more information about COVID-19 at UNH?

Visit:

unh.edu/coronavirus

unh.edu/health/health-alert-covid-19



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