UNH Student Life and the entire UNH Community are here to support you as you navigate remote learning for the remainder of 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 together this virtual care package because we want to be sure you have all 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!

#UNHTogether
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, text (603) 606-9393, 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 experiencing immediate financial difficulty, the Student Emergency Financial Assistance Fund may be available to you.

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. Follow us on Instagram at @UNHCampusRec to find Workouts of the Day! Further updates will be posted on our webpage.

Center for Academic Resources

The Center for Academic Resources (CFAR) is the learning center for all undergraduate students. We provide academic support for online learning via:

- Virtual drop-in meetings with CFAR staff
- Questions and weekly meetings with peer mentors
- Tools and tips for remote learning
- Study tips and tools
- Dozens of video tutorials and tips for CHEM, BIOL, PHYS, and Anatomy and Physiology

You can also always reach us by email at cfar.sss@unh.edu. We are here for you. Please reach out.

Fraternity and Sorority Life

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.

Virtual Office of Fraternity & Sorority Life: Have a question? Want to set up a meeting? Need help implementing a chapter virtual idea? Reach out to Jamie Silverstein or another member of our staff via email!

FSL Virtual Office Hours: Every Monday, FSL students can pop into a drop-in Zoom session any time between 1pm-3pm to ask questions, chat, or have a quick one-on-one with one of our office staff. Contact the office for details and a link to the Zoom.

Care Series Sessions: Join us for a series of Zoom discussions on Hazing and Substance Use with Health & Wellness's Alcohol, Nicotine, & Other Drug Educator/Counselors. Open to all students. After registering, you will receive a confirmation email containing information about joining the meeting.

“Substances & the Reasons for Use”
Wednesday, April 22, 6:30pm-8pm with Mike Glennon
Register in advance at this link

“Hazing in a Remote Environment: It’s Not What You Think”
Wednesday, April 29, 6:30pm-8pm with Nancy Bushinsky
Register in advance at this link
Health & Wellness

We're still here for you, whether you're on campus or not. We have moved many of our services and programming options online!

☐ Telehealth for non-emergency medical 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 a medical call center.

☐ Self-care opportunities: Daily Recharge (Mon-Fri, 12:30-1pm), Wellness Workshops (Fridays, 1-2pm), and our Monthly Wellness Calendars

☐ 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.

☐ For details, visit our Virtual Programs and Telehealth Services page. Call (603) 862-9355 for assistance.

Note: We're still open, including pharmacy, for students who are living on campus and for those who need assistance. Please see our COVID-19 Updates page 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: We know that you may have questions about how COVID-19 has impacted your on-campus housing assignment, refunds, and the procedures in place for retrieving your belongings if you haven’t yet. Please visit our Housing FAQ’s page and our Housing Policy page to learn more. 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

To connect with students and explore creative outlets, the MUB has a variety of opportunities and activities offered by several student organizations. 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

Unity Day – from afar: The Office of Community, Equity and Diversity wants to hear about ways you are giving back during this time of physical distancing. Share your good news stories with us at Allyson.ryder@unh.edu and we will highlight your efforts on our social media page on the day of UNH’s Unity Day on May 2, 2020. Don’t forget to include a photo – bonus points if you’re wearing UNH attire!

Office of Multicultural Student Affairs (OMSA)

OMSA’s Here For You: While we may be physically apart, the Office of Multicultural Student Affairs is still very much here for you! We are available via email, phone, text, Facebook, or zoom. We are also running some virtual programs during the month of April, we hope you can join us! Find all the information you may need at our Services page.

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.

Student Accessibility Services (SAS)

SAS is still operating Monday-Friday, 8am-4:30pm. All appointments and services will be conducted via email or virtually until further notice. 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.

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.
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.

Sexual Assault Awareness Month (SAAM): Stay engaged with SHARPP for Sexual Assault Awareness Month (SAAM)! Follow our social media accounts (@UNHSHARPP) to stay updated on our online initiatives and to enter to win some #UNHSAAM2020 giveaway contests. Check out our twitter, Instagram, and Facebook for upcoming events, important information, and more.

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.

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.