During this time of social upheaval due to COVID-19, we know that you may be facing stressful circumstances, whether it be related to adjusting to on-line courses, financial stresses, being unable to access your emotional support system or simply being unable to be with your friends. You are not alone – we are all in this together! UConn-Avery Point will continue to support you! If you need assistance, the following resources are in place to help you. Please reach out if you need assistance!

**Mental Health Resource Center:** We are going through major changes at school, at work and at home! Students may be feeling stress due to Covid-19 or being at home or working on line or being isolated from friends. Students can e:mail Jessica.musgrove@uconn.edu for tele-health support during this difficult time.

**Center for Students with Disabilities:** If you have questions on how your accommodations translate to the on-line environment, if you think you could use additional accommodations, or simply have questions about available services, e-mail Emily.sears@uconn.edu

**Academic Center:** Tutoring and academic support is still available through on-line interaction. If you need some extra help with your classes, make an appointment at www.uconn.mywconline.net

**Problems in your classes:** Contact your instructors to see if there is any flexibility to helping you get on track. You can also contact your advisor or Trudy Flanery to talk about your options.

**Student Services Office:** If you have any questions or concerns about academic expectations, if personal issues are getting in the way of your academic performance, if you’re thinking about withdrawing from the University, or have a final exam conflict, or need help with access to UConn services; e-mail trudy.flanery@uconn.edu

**Bursars Office:** Any questions about your bill, reach out to wendy.majcher@uconn.edu for help!

**Weekly e-news:** Watch for weekly updates coming to your e-mail on Mondays with announcements, reminders, things to do, wellness tips

**Social media:** Instagram, Facebook, Twitter – watch for Wellness Wednesdays, on-line workshops, meditation and yoga, fun things to do and posts from fellow students!