

Ideas for Self Help from Millersville University's Center for Counseling & Human Development

Recognizing the challenges faced by students everywhere during these unique circumstances, Active Minds has created a [special online hub](#) for students to support their mental health during COVID-19.

Additionally, there are three free webinars this week:

Sleep, Self-Care, and Sharing a Productive, Healthy Indoor Environment: Everything Students Need to Know about Mental Health during COVID-19 - Tuesday, March 24, 7pm ET

Intended for: Students

Millions of students have been displaced due to COVID19-related school closures and are curious about practicing self-care, creating a productive, healthy indoor environment, talking to their parents about mental health while quarantined and more. Dr. Kristen Lee, a licensed clinical social worker and associate teaching professor at Northeastern University, will share tips for all of these questions and more during this free, interactive discussion with up to 500 student participants. Register [here](#).

Student Chat: Student-Led Mental Health Advocacy in an Era of Physical Distancing - Wednesday, March 25, 7pm ET

Intended for: Student mental health advocates

In an unprecedented moment for higher education, students continue to lead the way with innovative, creative, and impactful ideas to support the mental health needs of their peers. This interactive meeting and discussion, led by Active Minds, will share strategies students have employed to maintain connection, educate and support mental health and wellness, and build community at a time of increased anxiety, isolation, and instability among students. Limited to 100 student participants. Register [here](#).

Communicating in Quarantine: Tips to Encourage Mental Wellness in Close Quarters - Thursday, March 26, 7pm ET

Intended for: young adults, parents, remote workers, neighbors/community members

All over the country, families, communities, schools, and workplaces are facing feelings of isolation and challenges with communicating with others as a result of students returning home after school closures; individuals balancing multiple responsibilities in a shared space with each other and other family members or roommates; colleagues, students, faculty, and administrators continuing their work through online formats; and members of the community working to support their most vulnerable neighbors while practicing physical distancing. This webinar will share easy, practical ways we can start supporting each other better right now through active listening. Limited to 500 participants. Register [here](#).