

COVID-19 can be stressful.

What mental health resources are available to students?

COVID-19 has resulted in increased loneliness, stress, anxiety and depression among many Americans, including college students. Fortunately, students can use a variety of coping strategies to improve their mental health. The following resources are available on the Auburn University campus or were developed by AU colleges and departments.

+ Student Counseling and Psychological Services (SCPS)

- A department in Student Affairs, [SCPS](#) is the primary mental health counseling center for Auburn University's undergraduate and graduate student community. Consistent with Auburn University guidance on social distancing, SCPS is providing initial individual consultations by phone and tele-mental health for students who reside in the state of Alabama. Out-of-state students who are no longer residing in the Auburn area may contact SCPS for other resources and referral options.
- If you are an Auburn University student and need further assistance or are in crisis, please call SCPS at 334-844-5123 for support 24 hours a day, 7 days a week.

+ Wellness Coaching

- [Wellness Coaching](#) is a free service for all students to work with a coach on healthy living goals under an array of wellness dimensions including: emotional, physical, financial, social, etc. Wellness Coaching is now available via Zoom. Email advisor Markie Pasternak at mrp0055@auburn.edu to schedule an appointment.

+ A Sound Mind

- The ['A Sound Mind'](#) website provides an all-encompassing resource for mental health and wellness at Auburn University. Many of the resources are accessible online and includes a page specifically focused on mental wellness during COVID-19.

+ Additional assistance

- Health Promotion and Wellness Services is committed to providing as many programs and services as possible during these unprecedented times. These programs include alcohol and other drug services, nutrition services, and Safe Harbor. If you have questions, please call 334-844-1528 or email hpws@auburn.edu.

