

# Available Resources for Coronavirus Pandemic

## *Academic Resources*

- [CLASS+](#): All services are available online! This includes tutoring, writing support and Academic Coaching
- [Online Academic Success Guide: University of Tennessee-Knoxville](#): Tips and templates for organizing your time and focus as an online learner.
- [EdX Tips for Successful Online Learning](#): Practical suggestions for creating a successful online learning environment.

## *Coping & Mindset Resources*

- [COVID-19 and Your Mental Health \(CAPS\)](#): Tips and strategies for supporting your wellness during this time.
- [COVID-19 Anxiety Workbook \(CAPS\)](#): The goal of this toolbox is to help reduce your anxiety about the outbreak, provide you tools to manage your anxiety, as well as provide you with life-long tools you can use while facing anxiety-triggering situations.
- [“Let’s Talk” Phone or Video Therapy with CAPS](#): Free, 9-11am and 1-3pm Monday-Friday, Call 479-575-5276
- [Daily Anxiety Webinar \(CAPS\)](#): Free, 3pm CST Monday- Friday through this [Zoom](#) link with meeting ID: 123 791 810; Students do not need to enter their real name, or have to use their webcam when prompted to enter the Zoom meeting. Students can also just use the chat function to ask questions.
- [Virtual Coffee Hour \(CAPS\)](#): Free, 10am CST Monday- Friday through this [Zoom](#) link with meeting ID: 300 164 825; Students do not need to enter their real name, or have to use their webcam when prompted to enter the Zoom meeting. Students can also just use the chat function to ask questions.
- [Care for Your Coronavirus Anxiety](#): Resources for anxiety and your mental health in a global climate of uncertainty.
- [ADAA](#): Helpful expert tips and resources for those experiencing anxiety; updated daily.
- [Headspace](#): Free meditation and mindfulness videos to help feel grounded and calmer.

### ***Tips to Support Yourself (adapted from the [CDC](#) and [CAPS](#)):***

- Seek creative ways to recharge and stay healthy (free online exercise classes, cooking, virtual game nights, finally get that 8 hours of sleep)
- Take breaks from watching, reading or listening to news stories, including social media. While being “in the know” helps provide a sense of control over a situation for some; for others, it may reinforce anxiety and fear.
- Take time to unwind and spend time developing a new hobby or skill.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

*For most, reactions to stress will lessen over the first few weeks. However, when symptoms and reactions worsen (significantly impacting your ability to function, becoming harder to manage, or are increasing in severity) there is increased need for concern. We encourage you to reach out to CAPS at 479-575-5276.*

### ***Local Support Resources***

- [NWA Resources Map](#): Regularly updated resource map for NWA-area food pantries, free meals for kids, wi-fi availability, health clinics, housing assistance, and more.
- [NWA Resources List](#): Compiled by the Fayetteville Public Library and updated regularly to include NWA-area food pantries, free meals for kids, wi-fi availability, health clinics, housing assistance, and more.
- [UARK Full Circle Food Pantry](#) (Bud Walton Hall): Curbside food bag pickup available on Monday, Wednesday, and Friday afternoons, student IDs required (1 bag per 2 people). Vegetarian options available on Mondays. Updated information available on [website](#), [Facebook page](#) or by calling 479-575-4365. The Ceramics Studio Outpost (326 Eastern Ave.) will remain available for Full Circle Fast Bag pick-up; contact Jeannie Hulen, [jhulen@uark.edu](mailto:jhulen@uark.edu), for more information or check hours on the [Facebook page](#).
- [Federal Housing Authority](#): Residents living in FHA-housing can fill out this [form](#) to request temporary rent adjustment due to loss of income.
- [Lindsay Management Residents](#): Residents living in a Lindsay Management rentals will have waived late fees for delayed rent payments; contact your property manager for more details and information.
- [United Way 211 Resources](#): Free service that connects the caller to local resources for food, financial, rent, and legal assistance, among others. Explore [website](#) or call 2-1-1.
- [Hark and United Way Assistance](#): Form to request assistance for housing (rent assistance), food, money, legal advice, health care, and more.
- [Public Transportation Information](#) (Razorback Transit & Ozark Regional Transit): City website with updated service routes and precautionary practices.