

Resources from the Counseling Department

Education:

[Free virtual tutoring from college students](#)

[AP Online Classes and Review Sessions](#)

[Science Museum of MN - learn from home](#)

[NCAA Eligibility Center Details](#)

[NCAA Eligibility Center COVID-19 Update](#)

[College updates in relation to Coronavirus](#)

Stay Busy:

[Virtual Art, Museums, Zoos, Concerts, and More](#)

[Virtual National Park Tours](#)

[Google Arts & Culture](#)

[Smithsonian Natural History Museum Virtual Tour](#)

Mental Health:

[Care for your anxiety, meditate, and take a break](#)

[Mental Health America - Info and Resources](#)

[Rogers tips for easing anxiety](#)

[6 tips for staying mentally healthy while social distancing](#)

[That discomfort you're feeling is grief](#)

[Science Museum of MN - mental health and COVID-19](#)

[National Alliance on Mental Health Minnesota - mental health support](#)

[FCD substance abuse prevention](#)

[Calm](#) - Guided meditations, sleep stories, calming music, mindful movements

[Headspace](#) - Guided meditations

[Change to Chill](#) - Toolkit for stress & anxiety, including mindfulness guides, meditations, mindful movement, and more

24-hour National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text HOME to 741741

MN Warmline - supports that are there to just talk through feelings:
651-288-0400 or text "support" to 85511
Mon-Sat 5pm-10pm