

April 16, 2020

Good afternoon one and all,

It appears the weather is beginning to turn in our favor just as the end of the academic year comes into focus. With the end of the term in sight, I wanted to take a moment to remind you of the academic, spiritual and mental health resources available to Rocky Mountain College students. If you need any assistance during these final weeks, please do not hesitate to reach out as we are all eager to be of assistance.

The Writing Center offers online tutoring Monday through Thursday from 6:00-9:00 p.m. Students can email writingcenter@rocky.edu to schedule appointments for synchronous video conferences with tutors. Students need to be familiar with Google Meet. Appointments will last approximately one hour.

The Academic Resource Center (ARC) continues to provide services to support RMC students providing Tutoring and Holistic Advising. Follow this link for a complete listing of services and instructions for gaining access: <https://www.rocky.edu/sites/default/files/arc-covid-19.pdf>

Career Services is available for phone or Google Meet appointments. To schedule an appointment, email Lisa Wallace lisa.wallace@rocky.edu. The Career Services website, <https://www.rocky.edu/careerservices>, also offers numerous resources such as resume tips, access to jobs that have been posted, etc.

Chaplain: Reverend Kim Woeste is available to meet with students via Google Meet or to talk on the phone to offer guidance and resources. Email for an appointment kim.woeste@rocky.edu.

Emergency Funds: The Dean of Students and Chaplain's Offices have modest budgets intended to support students with unanticipated emergency expenses. Things like travel expenses, academic supplies, assistance with technology, etc., can be considered for those in need. To access funding, please contact Kim Woeste at kim.woeste@rocky.edu.

Counseling Services: The Counseling Office and College Chaplain are committed to providing mental health resources for the RMC community and supporting students during this uncertain time. If you are a current client or student seeking mental health care, please contact Cynthia Hutchinson, campus counselor, at hutchinc@rocky.edu or the Chaplain, Kim Woeste at chaplain@rocky.edu.

Public Mental Health Resources

Thrive Program: This program uses videos to deliver confidential, evidence-based curriculum. Research has shown that the Thrive program was effective in reducing the severity of depression and anxiety symptoms. Due to the current pandemic, this program is available for **free** for a year to offer support during this time. Use this link for more information and to sign up: <https://thriveformontana.com/>

Montana Suicide Prevention Lifeline 1-800-273-TALK

Montana Crisis Text Line can be accessed by texting “MT” to 741741

I'm hopeful that we'll begin to see some easing of restrictions and tentative steps toward normalcy in the coming weeks. In the meantime, please stay healthy and safe.

Brad