Emotional Resources

Maintaining good mental health is as important as keeping our physical bodies in good health. It strengthens and supports our ability to have a positive outlook on life and a strong self-image. This helps you to better take responsibility for the things you do and develop the ability to look at challenges as opportunities. It cannot be ignored!

On Campus Resources

Center for Counseling and Student Development – Supporting students using programs and services to help with reducing psychological symptoms, coping with life events, improving interpersonal skills, and increasing self-knowledge and resilience.

UD Helpline – 302-831-1001. Provides counseling over the phone any time. Can also provide details on relevant resources within the university. Multiple languages are available when requested.

Crisis Text Line – 741741. Provides confidential text message support.

Student Wellness and Health Promotion – Provides students with wellness tools to make healthy choices that contribute to a safer UD. Programs include Crisis Counseling and Victim Advocacy, Alcohol and Substance Abuse Support, and Wellness Education.

Collegiate Recovery Community – UD’s program for students seeking sobriety. Promotes activities that are supportive of one’s recovery.

Division of Student Life – Provides innovative, challenging and engaging student-centered programs that are essential to students’ educational success.

Office of Academic Enrichment – Empowers students to develop the academic skills and strategies that will pave the way for future success. Provides tutoring, time management, on-line and in-person workshops.

Blue Hen Veterans – Serves as a voice for student veterans. Connects members with the resources to support academic and career success as well as build a student veteran community and foster camaraderie.

Community Engagement Initiative – Established in 2016 to further strengthen the University’s identity and contributions as an engaged research university.

Partnership for Public Education – PPE has a two-part webinar series for wellbeing. These webinars were presented by Tia Barnes and Marika Ginsburg-Block. The first webinar is Educator and Parent Self Care in Times of Crisis, and focuses on the introduction or worsening of stressors such as social isolation, job loss, concerns for loved ones, and overall uncertainty. The second webinar is Strategies for Supporting Children’s Emotional Well-Being. They present signs of stress that children of all ages exhibit, when to contact a professional, and strategies to help children cope.
Off Campus Resources

University of Delaware Off-Campus Provider Directory – Available therapists if the student requires are beyond the scope of the services offered by the Center for Counseling and Student Development.

7 Time Management Tips for Students – Top time management tips. (A blog by Rachel Campbell for QS – Top Universities)

5 Time Management Tips for Teachers – Tips that teachers can use every day. (written by the editorial team at Resilient Educator)

Student Teaching Survival Tips – A series of suggestions submitted by other student teachers (A to Z Teacher Stuff)

Therapists in Newark – A listing of therapists available in the Newark area, searchable by insurance, issues, sexuality, gender, age, language, faith, and types of therapy.

Alcoholics Anonymous – An international fellowship of men and women who have had a drinking problem.

Narcotics Anonymous – A global, community-based organization that offers recovery from the effects of addiction through working a twelve-step program including regular attendance at group meetings.

7 Cups - Free, anonymous and confidential online text chat with trained listeners, online therapists & counselors.

11 Things to do to Start Being Happy Today (article by Benson Wong)

Meditation 101: Techniques, benefits, and a Beginner’s How-To (article)

6 Podcasts to Listen to When You’re Feeling Stressed, Because We All Need to Chill out Sometimes

Love is Respect – Contains information on setting boundaries in personal relationships. Also has a section on how to support others who you feel are in an unhealthy relationship. Has a “chat now live” option as well as help through text.

Domestic Violence Coordinating Council (DVCC) – State of Delaware site for victim services for those affected by domestic violence.

For Your Students Resources

Scary Statistics about Adverse Childhood Trauma – A collection of trauma-informed resources for managing stress at school – both yours and your students’. (An article from Resilient Educator)
Treating the Effects of Childhood Trauma – an overview of childhood trauma and its long-term effects on health, attachment, and relationships (article by Amy Morin, medically reviewed by Aron Janssen and published through Verywell Mind)

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