

# FACT

## COVID-19 also impacts your **mental** **health.**



Whether you are worried about being infected, doing well in classes, having to quarantine or isolate, not seeing your family and friends, coming up with enough money for tuition and room and board ... it can all take a toll on your mental health and coping skills.

Reach out to resources on campus as well as to trusted friends and family members who care about your well-being. Form strong bonds with a small, intimate pod of friends and roommates for social-distanced hikes and picnics, Zoom chats, Netflix watch parties, studying, and air hugs with words of love and encouragement. There are many ways to remain safe *and* sane.

### ***You are in control of your own decisions.***

That's why it's so important to wear a mask, wash your hands frequently, and avoid large crowds. Limit your social circle to your roommates, your household, or just a few friends who practice healthy behaviors and good hygiene.

### **Counseling Center & Psychological Services:**

(719) 389-6093  
[counselingcenter@coloradocollege.edu](mailto:counselingcenter@coloradocollege.edu)



**COLORADO  
COLLEGE**

**Reduce the risk. Slow the spread. Care for CC.**

**Note:** Reducing the risk of a COVID-19 outbreak on the CC campus will take all community members practicing social responsibility. Those in violation of college safety and conduct policies may face suspension, dismissal, termination, and/or removal from campus.