

Greetings from Student Counseling,

In directive of the University's recent decision to move all University of Minnesota employees system wide to work remotely, and with keeping our commitment to provide mental health services to students, Morris Student Counseling has decided to shift away from in-person services. Beginning March 23rd, 2020 we will transition to tele-mental health counseling sessions.

Individual Counseling:

In-Person appointments are not available. Will be reaching out to you via phone/email to set up video or tele-services for your appointments. Please notify the office you plan to attend your session via video conferencing. This will be done VIA Zoom and instructions for ZOOM are located below.

Group Counseling:

In-person groups will not be occurring the remainder of the semester. If you are currently in a group, please contact your group facilitator for resources and/or referrals.

Let's Talk:

Let's Talk will not be occurring the remainder of the semester. If you've utilized Let's Talk this academic year, we hope you found it useful and we look forward to returning with Let's Talk hours this summer or fall.

New Clients:

New clients will initially be offered a phone consultation with one of our counselors to ensure that tele-mental health services are an appropriate intervention for you. We will be happy to work with you on finding the best and most appropriate care during this time whether that is us or someone who is able to provide in-person or more intensive interventions.

Changes in Procedure:

All clients will be asked to complete a consent form for tele-mental health counseling. This will be available online for review and signature and your counselor will be able to discuss any questions or concerns you have about the differences between tele-mental health counseling and in-person counseling.

Resources:

For additional Resources during this time:

- The university crisis line is available 24 hours a day: 612-301-4673 or text "UMN" to 61222
- Learn to Live (enter code "UMN"): www.learntolive.com/partners
- Jed Foundation - COVID-19 and Managing Mental Health

Please know that as COVID-19 news and updates continue to unfold, we may need to make additional changes regarding our services and operations. We recognize that this is a time of uncertainty and may increase anxiety and distress. We want you to know that we will do our best to continue to provide care to students, and we encourage you to reach out if you have any concerns or questions.

Sincerely,

UMM Student Counseling

ZOOM Instructions for Students: Tele-Mental Health

1. Prior to your scheduled appointment date/time you will receive an email from your counselor with your zoom session information
2. Open the Zoom desktop client.
3. Join a meeting using one of these methods:
 - a. Click Join a Meeting if you want to join without signing in.



Join a Meeting

Sign In

- b. Sign in to Zoom then click Join.



Join

4. Enter the meeting ID number and your display name.
 - a. If you're signed in, change your name if you don't want your default name to appear.
 - b. If you're not signed in, enter a display name.

Join a Meeting

Meeting ID or Personal Link Name

Grant MaLaren

Do not connect to audio

Turn off my video

Join

Cancel

5. Select if you would like to connect audio and/or video and click Join.