

Dartmouth Remote Resources to support your wellbeing

The Student Wellness Center (SWC)

During Spring Term 2020, the [Student Wellness Center](#) is offering Wellness Check-ins via Zoom. Wellness Check-Ins give you a chance to talk with one of our staff members, who can provide a source of non-judgmental support. We will work with you to navigate the different transitions you're facing and take steps toward making the most of this term. For more information, or to schedule a check-in, please go to the [Wellness Check-In page](#) on our website.

We also have a variety of online resources such as [Relaxation Downloads](#), [Refresh Sleep Improvement Program](#), [Alcohol & Other Drug Self-Assessments](#) and related [resources and downloads](#), as well as downloadable [Stall Seat Journals](#). Check back at our [website](#) for more virtual offerings throughout the term!

The Counseling Center

[The Counseling Center](#) remains committed to supporting students' emotional growth and wellbeing. We are actively working to move all contact to be via teletherapy (phone or HIPAA approved Zoom). We will work with each of you individually to help you continue with services at the Counseling Center or connect to local providers where you are. If you would like to schedule a phone triage appointment, or have questions about current services, please call our office at 603-646-9442.

We continue providing the following: Triage appointments to help determine treatment options, which may include short-term teletherapy or a referral to a local provider; For students who have an established relationship with one of our psychiatrists, we are providing psychiatric medication evaluations and med checks (when appropriate). For other students, we will help them get connected with appropriate care; On-Call services 24/7 (Safety & Security 603-646-4000); Consultation; Coordinator of our Nutrition Program will provide teleconsultation.

We will also be providing an Anxiety Toolbox Workshop via Zoom!

Tucker Center

In a time of change, stress and uncertainty, Tucker staff are here for you!

For virtual spiritual resources for those seeking calm, connection and sustenance in relation to the challenges of COVID-19 see the Tucker Center's [Spiritual Care, Practices and Resources](#).

We will also be providing virtual confidential and private [pastoral counseling](#) in relation to every day life or times of anxiety and change.

Academic Skills Center

During Dartmouth's remote spring term, [the Academic Skills Center](#) is here to serve you. We will be available online during our regular business hours, Monday through Friday: 8:00 a.m. to 4:30 p.m. EST, and will continue provide [remote services](#) including Academic Coaching through zoom and [Tutor Clearinghouse](#) services, primarily through virtual Academic Study Groups and weekly Resident Expert virtual drop-in hours. For questions [Email us](#) or call us (603-646-2014) and leave your name, phone number, **time zone**, and email address. We will get back to you during our regular business hours. We look forward to working with you. If you have any questions, please do not hesitate to reach out to us. You can also check out our curated list of [remote learning tips](#).

The Office of Pluralism and Leadership (OPAL)

The [OPAL Deans](#) are available for one-on-one and group advising, as well as general personal check-ins during the spring 2020 term. We want to stay in touch with you and hear how we can support your continued success, growth and development. The [OPAL Program Coordinators](#) are available to meet with student coordinators and committee leaders to brainstorm ways to keep your OPAL-affiliated projects viable and productive. We remain committed to supporting you by honoring the need for connection, community, and engagement to help you thrive in times of transition and change. You can connect with the OPAL team by emailing at OPAL@dartmouth.edu, or via our [individual emails](#) to schedule a time to connect via phone or Zoom.

Check the OPAL [website](#) for forthcoming information about virtual programs that we will offer during the spring term.

Native American Program

The Native American Program is dedicated to the support of student academic success and well-being through a combination of advising, tutoring, and workshops. Check out the website for the [variety of virtual options](#) in each of these categories.

Outdoor Programs Office

Many people are asking if it is OK to go for a run, a hike, a bike ride, or a walk on the beach right now. Outdoor recreation - even going for a walk - can be important in maintaining physical and emotional health. [OPO](#) has some great [recommendations](#) to consider.

Center for Professional Development

If you have questions about career related topics, you can check out the [new FAQs](#). The [CPD](#) wants you to know that [It's Okay](#) and they looking forward to virtually connecting with you this term.

Collis Center & Student Involvement

While you are learning remotely for the spring term and social distancing for the benefit of our larger communities, we want to encourage you to continue meeting (virtually) and staying connected to your organizations. [On the Collis website](#), there are some tips and resources to help you manage your organization remotely and some ideas to help you stay connected during this unprecedented time. While we know they can't fully replace the in-person interactions we are used to on campus, we hope that these ideas and resources will help you feel connected to your Dartmouth communities.

Our staff remains ready and available to support you with ANYTHING you may need. If you have any questions or would like to set up a phone call or Zoom appointment, please blitz student.involvement@dartmouth.edu or call us at 603-646-3399 and we'll get you connected to the best person to help.

Office of Student Life

While Dartmouth will look a little different this term, the Office of Student Life will continue to support and provide inclusive opportunities for leadership, community, and learning. If you have any questions or would like to connect with a staff member, please reach out to one of the [Student Life departments](#): [Collis Center & Student Involvement](#), [Community Standards & Accountability](#), [Dartmouth Broadcasting](#), [Dartmouth Forensic Union](#), [Greek Life](#), [Outdoor Programs](#), [New Student Orientation](#)

If you aren't sure who to contact or are looking to join a community, please email the [Office of Student Life](#) or call us at 603-646-3399 and we'll get you connected to the best person to help. Please be on the lookout for updates and resources from each of these departments as we continue into the Spring Term.

New Student Orientation

With the Class of 2024 coming into view, we are focusing our efforts on warmly welcoming our newest students into the Dartmouth community. Students will begin to receive intentional communication from our office in May, but our [website](#) is a great resource for information and updates. If you have questions

or thoughts in the meantime, please feel free to [email](#) us. We look forward to working with current Dartmouth students and our remarkable colleagues to welcome the Class of 2024.

Undergraduate Deans Office

We are here to support you remotely during the Spring Term 2020 online term! You can schedule a Zoom or phone appointment with your dean by using your dean's Calendly link, calling the office at 603-646-2243 or by [emailing](#) us. Also check out our [remote learning tips](#).

Our hours of availability remain 8 a.m.-12p.m. and 1:00 p.m. - 4:30 p.m., M-F. Zoom and phone drop-ins continue to be available from 1:00 – 4:00pm, M-F.

Dartmouth College Health Service

Dartmouth College Health Service is open this spring to support you with your health care needs. We welcome you to [schedule an appointment](#) whether you are on-campus or off-campus using our telehealth services. Our nursing staff is [here 24/7](#) to help with questions and advice by phone. Check out this information on [how to care for yourself during COVID](#). [A message from Dr. Reed](#) outlines some simple steps that you can take, wherever you are, to keep yourself and your community safe.

Title IX Office

The Title IX Office continues to be available to all members of the community while we pursue our work remotely. Reports can still be made directly to the office via [email](#) or phone (603-646-0922) and meetings can be held on Zoom. Dartmouth College remains committed to a safe and welcoming environment, even when that environment is virtual. Informal and formal remedies, including but not limited to no contact orders, academic adjustments, and formal investigations are still available in a prompt and fair manner.