

Teaching Remotely: Student Mental Health in a Remote Environment Summary & Tools

This summary was recorded during the seventh and final Teaching Remotely Virtual Panel Session, “Student Mental Health in a Remote Environment” on September 3rd, 2020.

The virtual panel summary includes information and resources in ways to help students’ mental health during the COVID-19 pandemic and working remotely.

Articles

- In the article, [What Comes After the Coronavirus Storm?](#) Peggy Noonan writes that the world will eventually get to a, “safe harbor, and we’ll find we are a changed country.” She also states from Damian Barr’s tweet, “we are not all in the same boat. We are all in the same storm.”
- The article, [Best Practices-Video Conferencing](#), shares some tips to make Zoom sessions as secure as possible.

McMaster Resources/Tools

- Newly released due to COVID-19, [Professor Hippo-on-Campus](#) is an online educational program that trains to help improve mental health for students, staff, and faculty.
- The [McMaster SafetyApp](#) provides safety alert notifications and access to campus safety resources. The app also features a “Friend Walk” option that allows someone to watch your travel route home.
- [Responding to Students in Distress and Difficulty Protocol](#) are steps in understanding if a student requires support in any distress. The protocol includes the 5 R’s in helping a student in difficulty and distress including: Recognize, Reach Out, Rate, Respond and Review.
- Even though we are not face-to-face, McMaster remains committed to excellence and the principles of mutual respect, responsibility, dignity, and the well-being of others. [The Code & Online Communities](#) enforces the importance of these student rights and responsibilities as our community adapts to the changes due to COVID-19.
 - [Student Support & Case Management](#)

- The [Student Wellness Centre](#) is a place for the McMaster Community that provides an abundance of wellness support such as counselling options, medical services and wellness programs.
- The [Sexual Violence Prevention and Response Office](#) at McMaster has many services and useful links and also supplies free support resources for those experiencing violence during COVID-19.
- The [McMaster Archway](#) is a support team who guides incoming first-year students at a time which is still uncertain. This program allows students to reach their end goals and to create a successful experience at McMaster.
- The Graduate Students Association website includes a Mental Health and Wellness Support Line called [Empower Me](#). The 24/7 accessible counselling service that allows students to speak with a counsellor to support students during a crisis.
- [Student Navigators](#)- The Student Navigators are recent graduates who are willing to help and support those who are figuring out their way through their programs and at McMaster.

Other Useful Links/ Resources

- [NeuroFitLab](#)- Researches ways to promote mental and physical health from teens to seniors. Their ultimate goal is to help those who are struggling and to become healthier.
- [Valley Centre for Counselling](#)- An online resource for those struggling with stress due to COVID-19. The website includes sessions on how to deal with anxiety and worry related to the pandemic.
- [Thomas Frank YouTube Videos](#)- These Youtube videos help students with their studies by his helpful study tips such as “How to Study When You Have ZERO Motivation.”
- [GoNoodle](#) - A website that has a series of web-videos, games, and activities focused on introducing short bursts of physical exercise in the classroom.
- [Body Break](#)- BodyBreak includes resources for staying fit and healthy, and sharing speeches that motivate others to succeed.