When COVID-19 hit, it became crystal clear that mental health and wellness needs were going to be more widespread than ever before. The LSC-M Counseling Services Team jumped into action to create new ways to connect with students, provide distance counseling services, and support colleagues as we all adjusted to a change that was like nothing we had ever experienced.

**What Students Needed**

While most of these concerns were not new to our work with students, they were more widespread, intense, and urgent than in previous years. The pandemic seemed to not only present worries specific to COVID but also compounded preexisting situations.

- Anxiety
- Depression
- Family Concerns
- Academic Struggles
- Financial Strain
- Basic Needs Insecurities
- Mental Strain of adjusting to the online environment
- COVID-specific concerns (social isolation, grief, fear)

**What We Did**

- Actively sought continuing education to ensure best practices and ethical provision of distance counseling services
- Quickly shifted to distance counseling format
- Immediately added additional content relevant to the crisis at hand to the Counselor website, which provided quick access to help, information, and resources
- Created a Counselor YouTube channel and content (more content coming soon)
- Broadened marketing efforts to ensure knowledge of available LSC-M Counseling Services
- Partnered with MARCOM to develop video content and social media outreach
- Developed and facilitated interactive WebEx for students focused on the navigating COVID stress as it relates to traditional college student concerns and mental health (check out current Wellness Wednesday series every Wednesday at 1:00 throughout April 7-May 5, 2021)
- Developed and facilitated an interactive WebEx for our fellow faculty members focused on surviving change.

**What We Learned**

Overall, the experience has broadened our skills, stimulated creativity, and opened new doors for connecting with the campus community. Let us know if we can be of help to you this semester. We’re available to help you work towards achieving balance, attaining success and finishing what you started. Services are confidential and available by appointment at no extra charge. We invite you to reach out to one of us today!

[www.lonestar.edu/montgomery-counseling](http://www.lonestar.edu/montgomery-counseling)