News You Can Use: Bulletin for StFX Students  
March 25, 2020

This Bulletin includes:

Mental Health Resources for Students

- Health and Counselling Services Telephone Access
- Good2Talk provincial professional counselling helpline
- Good2TalkNS Crises Text Line
- ICAN (Conquer Anxiety and Nervousness) online program/ three months of telephone coaching
- 24/7 Emergency Services

New Government Financial Support Measures

- Federal
- Provincial
- NS Student Loans Update

Departmental Service Updates

- Food Services
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- Student Success Center
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- Athletics Awards Gala

Helpful Information for Students

- Challenging worries and anxious thoughts
- Dealing with problems in a structured way
- Talking with Children About COVID-19

COVID-19 Links
MENTAL HEALTH RESOURCES FOR STUDENTS

Health and Counselling Services Telephone Access:

Students who wish to access non-urgent mental health support via phone with a counsellor may email Ivan Drouin at idrouin@stfx.ca for more information.

Healthy Minds NS: eMental Health Services available to StFX students by phone and text:

- **Good2Talk** - This is a free helpline offering confidential support from professional counsellors to any university student who is studying at a university in Nova Scotia. To talk to someone just call 1-833-292-3698.

- **Crisis Text Line** – A volunteer support service providing text-based support to university students. To connect, just text Good2TalkNS to 686868

If you are a student currently experiencing an emergency, the following resources are available 24/7:

- StFX Security 902-867-4444
- Proceed to your nearest hospital emergency department
- Call 911
- NS Mental Health Crisis Line: 1-888-429-8167
- Good2TalkNS: 1-833-292-3698
- Crisis Text Line: text “GOOD2TALKNS” to 686868

New mental health virtual program for Conquering Anxiety and Nervousness:

The Nova Scotia Health Authority (NSHA) Mental Health and Addictions Program launched **ICAN (Conquer Anxiety and Nervousness) – Anxiety Program** (18+ years of age) free of charge for people looking for help for anxiety and depression. The interactions are private and confidential and the program is offered through the Strongest Families Institute. [https://login.strongestfamilies.com/folder/1963/](https://login.strongestfamilies.com/folder/1963/)

**Note:** ICAN is available to residents of Nova Scotia, PEI, Newfoundland and Labrador, and Saskatchewan.

Newfoundland and Labrador residents must be between the ages of 18-30. PEI, Saskatchewan, and Nova Scotia residents must be 18+.

**Strongest Families Institute also available**
Strongest Families Institute is a charity that provides proven services to adults and families seeking help for mental health and other issues impacting health and well-being. They provide timely care by teaching skills through a unique distance coaching approach – supporting clients over the phone and Internet in the comfort and privacy of their own home. Strongest Families provides client-centered care that is customized to their needs. To self-refer, go to: https://login.strongestfamilies.com/folder/1963/

Mindwell U now available across Nova Scotia

NSHA Mental Health and Addictions Program is continuing to work on a series of online resources and tools to support individuals and families. Mindwell U is now available across Nova Scotia. Mindwell U is a free online program that takes just five minutes a day, and can be accessed anywhere and on any device. This self-guided program challenges you to take five minutes out of your day to learn the basics in mindfulness; the practice of paying attention to thoughts, feelings and bodily sensations in the present moment through a gentle and nurturing lens. Each day you will complete a “Take 5” session during which you learn new mindfulness skills to improve your mental health. This practice lowers stress and increases resilience. The challenge also teaches ‘mindfulness-in-action’ so you don’t have to stop what you are doing to become calmer, present and more focused. To access this program please visit: https://app.mindwellu.com/novascotia

NEW GOVERNMENT FINANCIAL SUPPORT MEASURES

The Federal Government and a number of Provincial Governments have introduced economic measures to help stabilize the economy during this challenging period. Please stay connected with these websites to learn more about government support to individuals and families.

Federal Government of Canada: https://www.canada.ca/en/department-finance/economic-response-plan.html?fbclid=IwAR0YAF7IjL6F4tOR7Zg6IDdzIq8nJQmu-nzqvykFU1nLZ5zH51mMFmB2--rw#individual


Nova Scotia Government: https://novascotia.ca/coronavirus/#support
The **Nova Scotia Student Assistance Office** remains operational, applications are being assessed, inquiries responded to and funds are being issued.

To support borrowers, Nova Scotia will temporarily pause payment for Nova Scotia student loans. Effective March 30, 2020, student loan borrowers will have their payments suspended until September 30, 2020. No payment will be required, and interest will not accrue. Students will not need to apply. It will be done automatically.

The Student Assistance Office is moving to online services as of 4:30 p.m. Monday, March 23, 2020. Please use the Ask Us feature in MyPATH for secure inquiries. If you do not have a MyPATH account, please send an email to stuasst@gov.ns.ca

**DEPARTMENTAL SERVICE UPDATES**

**FOOD SERVICES**

StFX Campus Food Services is continuing to make changes to ensure the safety and wellbeing of our students and staff. With that mind, please note that we are stopping dine-in service at Morrison Hall and transitioning to take-out only, starting Tuesday, March 24, 2020.

Please note that during this time we will no longer be able to accommodate off-campus students, nor will we accept cash as payment.

**If You’re Feeling Sick**
Please do not come to Morrison Hall if you’re feeling sick or are in self-isolation. We will arrange to bring meals to you. If this applies to you, email Tim Hierlihy at thierlih@stfx.ca with your name, room number, student number, and any dietary requirements.

For more information about Meal Hall requirements, services and new hours of operation, please consult the website [here](#).

**POST OFFICE**

The StFX Post Office will be holding all mail and parcels for students upon their return in September.

**STUDENT SUCCESS CENTRE**
As your professors announce the shape of your modified classes, advice on essays, reports, learning skills, academic integrity, and best practices for online learning and online assignments remains available to you.

- **Book online appointments** in real time, via Moodle/Collaborate. Or get help through alternative media. Attach your work and assignment instructions (if that is the purpose of the appointment) in the schedule OR email them to your **instructor**. You will receive a link to the online classroom and further instructions via email.
- Nimbus Ap for tutoring is available [here](#).
- **Success @ Schwartz OnLine** open group tutorial sessions:
  - **BSAD 223**: Tuesdays at 1:15 p.m. to 2:15 p.m. and Thursdays 11:00 a.m.-12:00 p.m. at [this link](#).
  - **BSAD 221** sessions will be held on Tuesdays and Wednesdays at 2:15 p.m. to 3:15 p.m. at [this link](#).
  - Before participating, please check your computer against the recommendations provided [here](#) by the Department of Continuing & Distance Education.

For more information, contact: **Mark Leeming**, Learning Skills Coordinator - StFX Student Success Centre at sscentre@stfx.ca

**LIBRARY SERVICES**

Library staff and librarians continue to work to ensure that you have access to the materials and supports that you need to complete your semester. In fact, we have been able to obtain a number of new resources to support your learning, including new electronic textbooks.

Librarians are available to help you through the online **“Live Help” chat service** from 10 a.m.-10 p.m. Monday-Thursday, 10 a.m.-6 p.m. Fridays, and 4 p.m.-10 p.m. on Sundays. You will easily find the Live Help widget on our website: [http://www2.mystfx.ca/library/](http://www2.mystfx.ca/library/)

Answers to many of your questions can be found in our **Knowledge Base**: [https://stfx.libanswers.com](https://stfx.libanswers.com) and you can also submit questions to this site and expect a timely response from one of our staff. From this site, you can also find our brand-new **Virtual Reference Desk**. Our librarians will be offering online reference desk services, including screensharing, Monday-Friday afternoons from 1-4 p.m.
You can contact one of the librarians directly for a one-on-one session to be held via online meeting software, at a mutually convenient time. Their contact information is available on the website or email library@stfx.ca. We have also constructed a new Library Services Guide found here: http://stfx.libguides.com/libraryservices that pulls together a variety of useful information, including tutorials and access to new eBooks and journals.

Questions can always be sent directly to us at library@stfx.ca. Stay tuned to our social media channels for updated information.

RESIDENCE LIFE

A Facebook group has been created – StFX Spring Residence Community – for those students still living in residence for the remainder of the academic year. The group is intended to help residents living on StFX campus this spring to connect and engage socially while maintaining safe physical proximity to limit the spread of Covid-19. CLICK HERE if you are a student in residence and would like to join the Facebook group to stay engaged!

OFFICE OF INTERNATIONALIZATION

- Staff from the StFX Office of Internationalization are available to provide support and advising to students while working from home.
- Immigration, Refugees & Citizenship Canada (IRCC) has confirmed that study permit applications and extensions will continue to be processed, and some standard deadlines have been extended to accommodate students.
- International students who have applied to extend their study permits may face longer processing times than usual but are legally permitted to remain in Canada to work and study while applications are processing, even beyond expiration of current permits.
- IRCC has confirmed that courses of study being delivered online on an exceptional basis due to COVID-19 will not render international students ineligible for post-graduation work permits (PGWP) after graduating.
- The Government of Canada has indicated that study permit holders (international students), and permanent residents, will soon be exempt from current border closure restrictions, and will be permitted to re-enter Canada. These exemptions have not yet been finalized but are expected to be implemented during the week of March 22, 2020.

StFX REC
Intramural sports is currently working towards a refund process for the team performance bonds for the second term (January–March 2020) and we will contact team captain/representative regarding refunds and steps to complete. Questions regarding team performance bond can be directed to Gerry Balcom, gbalcom@stfx.ca.

Intramural & Club Sport Awards will take place on Instagram/Facebook in the upcoming weeks, stay tuned!

**ONLINE EVENTS**

**Athletics Awards Gala**

The StFX Athletics Award Gala will be delivered via an online platform with winners announced as per the following schedule on StFX Athletics Twitter account @stfxathletics and Instagram (stfx_athletics) as we celebrate athletic excellence from the 2019-20 season.

**Monday, March 30**
10:00 AM  Recognition of 1st Year Eligible Athletes  
1:00 PM  Recognition of Student Staff & Student-Manager of the Year Awards

**Tuesday, March 31**
10:00 AM  X-Women & X-Men Cross Country Awards  
1:00 PM  X-Women Rugby & X-Men Football Awards

**Wednesday, April 1**
10:00 AM  X-Women & X-Men Soccer Awards  
1:00 PM  X-Women & X-Men Hockey Awards

**Thursday, April 2**
10:00 AM  X-Women & X-Men Track & Field Awards  
1:00 PM  X-Women & X-Men Basketball Awards

**Friday, April 3**
10:00 AM  AUS & U SPORTS Recognition, StFX Coach of the Year Award  
1:00 PM  Male & Female Community X-Cellence Award Nominees  
          Male & Female Student-Athlete of the Year Nominees  
4:00 PM  Male & Female Community X-Cellence Award Winners  
          Male & Female Student-Athlete of the Year Winners

**HELPFUL INFORMATION FOR STUDENTS**
Challenging worries and anxious thoughts
Dealing with problems in a structured way
Talking to children about COVID-19

In addition to transitioning to online course delivery and moving back home, StFX students may also be coping with stress and anxiety during the COVID-19 pandemic. The situation is stressful for everyone and it is normal to be anxious and worried.

The Canadian Centre for Addiction & Mental Health (CAMH) provides information and suggestions about how best to cope in this difficult time: https://www.camh.ca/en/health-info/mental-health-and-covid-19

High levels of anxiety and stress are usually fueled by the way we think. However, not all our thoughts are facts; many are simply beliefs that we hold. Sometimes we have held these beliefs for so long that they feel like facts. CLICK HERE for a resource to assist with ways to work through and challenge your worries and anxious thoughts.

All the issues you might need to address during this pandemic situation may feel overwhelming. It can be useful to identify which things are actually problems that need to be solved or addressed, and which are just worries that are not necessarily grounded in reality. CLICK HERE for a resource with some steps you can take to resolve issues that come up for you and for dealing with problems in a structured way.

This time may be very challenging for children and adolescents, some of whom might not understand the reasons for school closures and the cancellation of extracurricular activities. In addition, they are likely to be bombarded with information through social media and from their friends that can cause anxiety and alarm.

Young people may also sense the anxiety of their parents, and worry about their own health and that of other family members. Children need to be reassured in a way that is age appropriate. As a first step, you may consider. CLICK HERE for a resource to assist with talking to children about COVID-19 and its impact.

The StFX Health and Counseling Centre website also has these resources online and will continue to post additional helpful resources as they arise.

COVID-19 LINKS

StFX University Resources: https://www.stfx.ca/coronavirus

Province of Nova Scotia Resources: https://novascotia.ca/coronavirus/