WELLNESS WEDNESDAY
A WEEKLY UPDATE FROM THE HEALTH, COUNSELING AND WELLNESS CENTER

YOUR NEW NORM
Remote learning & living at home has become the new norm. If you are struggling, we are here for you. Try these strategies and tips today:

*Covid-19 Coping Strategies
*Productive Study at home tips
*Get the most from Online Classes

YOU ARE NOT ALONE
Transition and crisis can exacerbate substance abuse and violence. You are not alone. Click here to find resources available to you.

*Domestic Violence/Sexual assault resources
*Addiction recovery support services
HEALTH AND WELLNESS RESOURCES:
YOU.FRAMINGHAM.EDU

Available online 24/7 to provide tips and resources on everything from stress and finances to academics and social connection. Login with your FSU username and password today.

A REMINDER FROM THE HEALTH AND COUNSELING CENTERS:

- We are still here for you even though we are not on campus!
- We are offering telehealth services and teletherapy remotely.

To contact us:
Health Center 508-626-4900
healthcenter@framingham.edu
Counseling Center 508-626-4640
counselingcenter@framingham.edu