

Health Services

MCLA Health Services

[COVID19 Update 4/7/2020](#)

Things that have **NOT** changed:

- Health Services is available to evaluate and treat all of your medical complaints.

Things that have changed:

- We ask that you call before you come to the Wellness Building and speak to us directly. Our number is 413-662-5421. We will ask you some questions then we will email a consent to participate in tele-medicine. This will be emailed to your MCLA email address. Once we receive your consent back by email we will invite you to a tele-medicine session.
- During this session we will evaluate your complaints, if it is decided that you require labs or a more in-depth face to face assessment you will be provided a time to come to Health Services.
- Based on your complaints, we may insist you wear a mask.
- Staff will wear mask and goggles for all in-person visits no matter the complaint.
- We will do our best to provide you with a same day appointment.
- If you are suspicious you may have COVID- **PLEASE know we are not able to test for COVID at this time.**

Local community COVID resources:

- Berkshire Health Systems hotline: call 1 855 262 5465
- Southwestern Vermont Health Center hotline call 1 802 440 8844

National Resources:

- CDC- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- WHO- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Counseling Services

MCLA Counseling Services COVID-19 Response: Updates for Students

(as of March 25, 2020)

Counseling Appointments

We are offering teletherapy appointments to students who are active clients of Counseling Services. Please contact the office at 413-662-5331 or email your counselor to schedule an appointment.

For students who are not active clients, we recommend seeking care in your local community. Psychology Today is a great resource at www.psychologytoday.com. Also, we suggest contacting your health insurance company and asking for a list of providers who accept your insurance.

Psychiatry (Medication) Appointments

Existing psychiatry clients may call Howland Associates at 413-664-4600 to arrange to an appointment via telephone or other device with Dr. Howland or Carol Vivori, NP for your medication needs.

In Case of Emergency

As always, call MCLA Campus Police at 413-662-5100 if you are on-campus or 911 if you are off-campus.

In Berkshire County, call the Brien Center Crisis Team at 1-800-252-0227 in case of psychological emergency.

In addition, you may find urgent care units, hospitals, and community clinics in your immediate area who offer psychological emergency services.

National crisis hotlines and online services:

National Suicide Prevention Lifeline: 1-800-273-8255

The Trevor Project (LGBTQ Suicide Hotline): 1-866-488-7386

Trans Lifeline: 1-877-565-8860

Crisis Text Line: Text HOME to 741741

Crisis Text Line for Students of Color: Text STEVE to 741741

ADDITIONAL ONLINE RESOURCES:



[Mental Wellness Resources](#)

Looking for ways to connect with mental health resources? Click on the image and let counseling services staff guide you to resources that can help you during the semester.



[The Steve Fund](#) is sharing information and tips to help young people and their caregivers cope and remain grounded in the midst of the challenge that coronavirus presents to our entire society.



[The Jed Foundation](#)

Transitioning into adulthood can bring big changes and intense challenges. The Jed Foundation (JED) empowers teens and young adults with the skills and support to grow into healthy, thriving adults.

[The Jed Foundation](#)

Support Services

During the coronavirus pandemic, social distancing and staying at home are important. However, some unintended but serious consequences exist for some individuals in the form of mental health crises, domestic violence, sexual violence, and child abuse. If you or someone you know is struggling, please use the information below to find help.

For support Nationwide:

National Sexual Assault Hotline: 1-800-656-HOPE (4673) or online chat using this link <https://hotline.rainn.org/>

National Domestic Violence Hotline: 1-800-799-7233 or TTY 1-800-787-3224 or online chat using this link <https://www.thehotline.org/>

Crisis Text Line for People of Color: Text STEVE to 741741

Crisis Text Line: Text HOME to 741741

National Suicide Prevention Lifeline: 1-800-273-8255

The Trevor Project (LGBTQ Suicide Hotline): 1-866-488-7386

Trans Lifeline: 1-877-565-8860

National Substance Abuse and Mental Health Services Administration Hotline: 1-800-662-HELP
(4357)

You may also continue to access services through MCLA offices, and we may be able to help you locate services near you. [Click here](#) for contact information.