

EWC Housing Weekly Update - November 5

Mental Health Support: The final weeks of semester are often a stressful time even in “normal” years. In 2020, Covid-19 has created new pressures and anxieties for all of us. If you feel stretched to your limits, alone or overwhelmed, remember you are part of a supportive community at the EWC and your wellbeing is paramount.

Mental health resources are available from the East-West Center and UH, and we encourage you to keep in close contact with your program coordinator. This week’s Resources include new links for positive wellbeing, stress alleviation and mental health support.

NEW: Link to UH Manoa [Counseling and Student Development Center](#).

The range of free services to UH Mānoa students include time-limited individual and group counseling, crisis intervention, support spaces for open discussion, peer-to-peer support, outreach activities and/or referral to on-campus resources and community providers.

Relevant upcoming support space sessions include:

Graduate School and Beyond

A safe space for graduate students to connect, share experiences, and find support.

[Monday November 23, 2020 3:30 p.m. - 4:30 p.m.](#)

[Friday December 4, 2020 12:30 p.m. - 1:30 p.m.](#)

Near and Far: International Students

A welcoming space for international students to meet, connect with others, share experiences, and find support.

[Friday November 20, 2020 12:30 p.m. - 1:30 p.m.](#)

[Tuesday December 1, 2020 12:30 p.m. - 1:30 p.m.](#)

NEW: Link to Hawaii Adult Mental Health Division, including CARES hotline:
<https://health.hawaii.gov/amhd/>.

NEW: Link to UH additional mental health resource page:
<https://manoa.hawaii.edu/covid19/guidelines/non-discrimination/>

Resources

- **EWC Notice:** EWC Travel Policy: [EWC Housing Travel Policy Effective Oct. 15, 2020](#)
- **EWC Notice:** [Positive Covid-19 Test, Symptoms - Procedure for EWC Students](#)
- **Covid-19 Guidelines from UH**
 - These guidelines have been announced for fall 2020: <https://www.hawaii.edu/covid19-guidelines/>
- **Covid-19 FAQs and Emergency Contacts:**

- EWC FAQs: [Frequently Asked Questions \(FAQs\)](#) or the [Student Portal](#)
- EWC Housing contact email, which EWC staff regularly and frequently monitor: housing@eastwestcenter.org.
- EWC Housing phone number: 944-7960. For reports on matters of immediate concern, such as residents not complying with social distancing rules or smoking in the building, we urge you to call rather than email, even during working hours.
- **Mental Health:**
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 - Resources for staying well from Kaiser Permanente, with self-care tools, tips, and activities: https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources?kp_shortcut_referrer=kp.org/selfcare
 - Information about keeping healthy and boosting your immune system: <https://www.hopkinsmedicine.org/health/wellness-and-prevention>
 - EWC Participant Association mental health and stress relief list: [Support Resources for EWC Participants](#)
- **Other Useful Information:**
 - Honolulu Re-Opening Strategy: [Tier-System Infographic](#)
 - Social Distancing: How to approach those not taking social distancing seriously: <https://time.com/5819816/coronavirus-social-distancing/>
 - Hawai'i: State of Hawai'i Department of Health updates, resources and information (now available in 8 different languages): <https://hawaiicovid19.com/>
 - Hawai'i: Resource from Oahu Community Resilience with information, links, and FAQs: <https://www.oneoahu.org>
 - Symptoms: CDC information about symptoms and protecting yourself: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>