

From: JuniorSenators JuniorSenators@middlebury.edu
Subject: Checking In and Supportive Resources
Date: October 23, 2021 at 10:25 AM
To:



Dear fellow juniors,

We hope you are holding up and taking care of yourself and each other.

In light of the recurring loss in the Class of 2023(.5), we wish to hold space for community healing and share supportive resources for additional care. I would like to express my sincerest condolences to those who care for Yan, also known as Lisa, and her family.

With the loss of Yan and Miguel, I truly encourage you to take time to check in with yourself and the people around you to create opportunities for self-care and shared support. However feelings of loss are showing up in your body and mind, they are valid, and you are not alone. If you are feeling the need to take a step back from your academics, you absolutely have the right to communicate with your Dean and/or professors to share that you need time to prioritize your well-being. If you have the emotional energy, I encourage you to check in with those dearest to you and see if there are ways you can collectively support one another.

Supportive resources available to you compiled by the Mental Health Peer Educators:

Counselor and Support Resources

Middlebury Counseling: Individual and group counseling
Monday through Friday, 8:30 a.m. to 4:30 p.m. Call for an appointment
Phone: (802) 443-5141
Website: <http://www.middlebury.edu/office/center-health-wellness/counseling-services>
go/counseling

Mental Health Peer Educators: peer led mental health education group providing workshops and resources
Email: mhpeemiddlebury.edu
Instagram: mhpemidd

MiddTelehealth: scheduled counseling, medical appointments, and 24/7 in the moment support (TalkNow)
Website: <https://timely.md/faq/middtelehealth/>
go/middtelehealth

Health & Wellness Education: Health coaching and friendship support

Health & Wellness Education: Health coaching and membership support
Website: <http://www.middlebury.edu/office/center-health-wellness/health-wellness-education>
go/hwe
Phone: (802) 445-5589

WomenSafe: Addison County organization promoting the social welfare of Addison County by reducing the incidence of domestic violence, and primarily, the incidence of abuse.
Phone: 802-388-4205 / 24 hour hotline
Website: <https://www.womensafe.net/>
In Office Appointments: Call 802-388-4205 or email info@womensafe.net to set up an appointment

Scott Center Chaplains
Phone: 802-443-5626

Crisis Resources

Crisis Text Line: 24/7 crisis text line
Text: Text HOME to 741741 to connect with a crisis counselor
Website: <https://www.crisistextline.org>

The Trevor Project: 24/7 crisis line for LGBTQ+ folks
Phone Number: 1-866-488-7386
Text: Text START to 678678
Online Chat: <http://www.thetrevorproject.org/get-help-now>

Trans Lifeline: trans peer support
Phone: (877) 565-8860 5 pm EST to 1 am EST 7 days a week

National Suicide Prevention Lifeline and Chatline: 24/7 crisis phone line
Phone: 800-273-8255
Online Chat: <https://suicidepreventionlifeline.org/chat>

MiddSafe: peer run interpersonal violence hotline, 24/7 when classes are in session
Website: <http://www.middlebury.edu/middsafe-online-advocate/>
go/onlineadvocate
Phone: (802) 377-0239

Public Safety: 24/7 support and information resources.

Phone Number: Call 800-432-5044 to request help to be transported to Dartmouth

Phone number: Call 802-433-5911 to request help, to be transported to Porter Medical Center, or to get the numbers for additional resource

Counseling Services of Addison County Emergency Services: 24/7 crisis line for students living and learning in Addison County

Phone: 802-388-7641 a clinician will return your call within 20 minutes

Website: https://www.csac-vt.org/what_we_do/emergency-and-crisis-services.html

MidTelehealth Talk Now: 24/7 in the moment support

Website: www.timely.md/faq/midtelehealthgo/midtelehealth

National Sexual Assault Hotline:

Phone: 1-800-656-4673

BIPOC/AAPI Mental Health Resources

National Alliance of Mental Health (NAMI): comprehensive list of resources for BIPOC, including AAPI, identifying people

Website: <https://www.namih.org/resources-2/bipoc/>

Crisis Text Line: 24/7 crisis text line

Text: Text STEVE to 741741 to connect with a crisis counselor

With everything going on in the world and our community, please use these resources whenever it feels right. We should prioritize our mental health and well-being at all times. I also want to acknowledge that the resources above may feel less accessible and inclusive depending on your identities and lived experiences. If you are experiencing any barriers to accessing any form of support, please feel free to reach out. I would love to support you in any way you wish.

Sending love and warmth your way <3

Take good care,

Aubrianna Wilson (she/her/hers) and the Junior Committee



