Dear Students,

As final exams begin this week in Penn State Law and next week in SIA, we are wishing you well. It is especially important to take care of yourself during this stressful end of the semester period, and we wanted to share some resources for support to get you through exams and beyond.

**Counseling & Psychological Services**

CAPS is open! Just call (814) 863-0395 to get started.

- During this time of remote learning, CAPS is providing a wide-range of [virtual services](#).
- Services are offered via telephone and Zoom
- [Tele-counseling](#) for enrolled students in eligible states

In crisis or need of immediate support

- Call CAPS at (814) 863-0395 (Monday - Friday, 8:00 a.m. - 5:00 p.m.)
- Call the Penn State Crisis Line 24/7: 1-888-229-6400
- Use the Crisis Text Line 24/7: Text "LIONS" to 741741
- Faculty and Staff – check out the [Red Folder](#) - a guide to help you recognize, respond, and refer students to the right resources

**Drop-In Support Options**

- [Life Hacks via Zoom](#) offered daily at 10:00 a.m. and 3:30 p.m (EST)
- [Drop-in Discussion Groups](#)
- [Mind and Body Flow](#) offered Thursdays at 12:00 p.m.

**More resources to help you get what you need**

- [YOU@PSU](#) – personalized resources, services, and information to help you Succeed, Thrive and Matter at Penn State
- [WellTrack](#) - 24/7 self-assessment and self-treatment for anxiety, depression, and more
- [Thriving Campus](#) – find a mental health provider in your community

**Lawyers Concerned for Lawyers**

[Here](#) you will find LCL's updated April 24, 2020 COVID-19 professional, mental health, and recovery resource guide.

We are here for you. Please let us know if we can be supportive in any way as you work through challenges.

Best,

Hari Osofsky