

# Resources for College Students Quarantining in Unsupportive Environments During COVID-19

Amid the coronavirus pandemic, college students all over the nation have experienced sudden changes and disruptions to their living environments. Campuses have closed and many students have returned home. However, families and homes are not always safe havens of love, warmth, and acceptance.

As counseling psychologists-in-training working towards social justice, we want to acknowledge these challenges and provide resources for particular groups of students who may be more vulnerable to the impact of COVID-19 and quarantine.

**We see you, and we have some tips for you.**



# COVID-19: College Students Quarantining in Unsupportive Environments



## 1. Acknowledge and accept that the environment is not supportive.

It can be hard when you realize your family and home environment may not be the best for your well-being. Be gentle with yourself and take time to acknowledge what this realization means to you.



## 4. Set boundaries

This can be tricky depending on your family dynamics. But, think through ways to set boundaries with your family to get some peace.

For example, if you know that family dinner time is usually harmful to you, you may let your family know that you have a class, meeting, or other activity. For tips on how to set boundaries, please see the resources list.



## 2. Seek out safe spaces

Social distancing measures make it hard to leave home. But, try to find spaces in the house or nearby where you can feel safe and comfortable. For example, change your room to be a source of relief, listen to music in the car, or take walks outside each evening. Look for spaces that can be a safe haven for you.



## 5. Practice self-care

Be mindful of your capacities and try to think of little ways to be gentle with yourself. Practice ways that could bring relief from your home environment.

For example, meditating each morning, taking a walk, or giving yourself a slow hand massage. Other ways could include limiting news intake, following a daily routine, and staying connected with others.



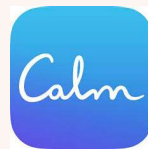
## 3. Seek out allies in the home or elsewhere to support you

- Look for someone or several people who can support you. This could be your younger brother who likes to play catch outside. You could go out with them when your family is arguing. Also, this could be an online support group for people who are a part of your identity group. Try to find ways to connect with supportive people.
- Consider reaching out to your college/ university's counseling center. They may provide telehealth services or connect you with therapists in your community.



## Helpful Apps

Below are some mental health apps that you may find helpful:



For more resources and helpful articles, please access the resource guide at <https://bit.ly/2A8pvnv>

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## Folks with disabilities

- Get in touch with the **Disability Resource Center** at your college/university and look into extra support. Some schools and organizations may be able to help with the necessary support and accommodations.
- Take regular breaks from various news cycles. Watching news now can be upsetting as it may contain the negative impact of ableism and ageism during the pandemic. If possible, turn off the TV and/or tune into affirming media and spaces.
- Panic buying has limited the resources needed by folks with certain disabilities. If possible, contact your GP to ask for suitable alternatives.
- If you are a person with disabilities who need support funds and other resources, please see the resource list below.



## Housing/food insecurity

- The **Edquity** app can deliver emergency financial support in as little as 48 hours
- **Comcast** is offering free, high-speed internet for those who lost internet access.
- Check **mutual aid programs** on Facebook.
- Some food pantries and banks are preparing bags of food and leaving them outside for students. Check the list linked at the end for more information about food banks near you.
- Some students who are losing their jobs and income may become eligible for SNAP.



## LGBTQ+ in non-affirming environments

- Know (and use) your **resources**.  
In our resource list, you can find coming out guides, pronoun-use guides, resources for parents and family members of LGBTQ+ kids, etc!
- Stay connected to **queer friends** and **allies**
- Make the internet your friend  
Stay away from negative social media and make use of affirming online spaces such as Trevor space, queer Tiktok, and live performances.
- Reach out to **LGBTQ+ Support Organizations** for help  
Check out the resources list which has a section for LGBTQ community!



## Collective Access and Community Care

The COVID-19 pandemic has made it so that many of us have lost access to safe spaces, needs, and resources. But, through **community care**, and **collective access**, we can all make it through together.

"Access needs can be articulated within a community and met privately or through a collective, depending on an individual's needs, desires, and the capacity of the group. We can share responsibility for our access needs without shame, we can ask [our] needs be met without compromising [our] integrity, we can balance autonomy while being in community, we can be unafraid of our vulnerabilities knowing our strengths are respected."  
Patty Berne



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