



Resources to Assist Olivet College Students (updated March 18, 2020)

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for a lot of us, particularly for Olivet College students whose lives have been turned upside down. Fear and anxiety about COVID-19, your college courses, family and more can cause strong emotions. Olivet College offers the following resources to help manage the stress you may be experiencing. Of course, the faculty, staff and coaches are here for you, too – just reach out by phone, email or even a video chat. We will get through this together!

Self Care – Helpful Articles

- [Managing Anxiety and Stress \(CDC\)](#)
- [Taking Care of Your Emotional Health \(CDC\)](#)
- [Coping with Stress During Infectious Disease Outbreaks \(SAMHSA\)](#)
- [Strategies and Tips for Coping with COVID-19 Anxiety \(Anxiety and Depression Association of America Psychologist Jelena Kecmanovic\)](#)
- [Tips to Manage Stress \(The Jed Foundation\)](#)

Mental Health, Wellness and Counseling Services

Adult Mental Health Emergency Crisis
1-800-372-8460

National Suicide Prevention Lifeline
800-273-TALK (8255)
Text TALK to 741741

Olivet College Campus Counseling Center Days: Tuesday, Wednesday and Thursday. For more information and hours, [email Gayl Dotts](#) or call 269-749-7607.

Olivet College Mental Health Triage Counselor
[Lyza Ballard](#)
586-221-3462

Community Mental Health
812 East Jolly Rd., Lansing
517-346-8200 (to schedule appointment)
888-800-1559 (non-crisis services)
800-372-8460 (mental health emergency crisis)

Abbott Road Center for the Family
425 W. Grand River Ave., East Lansing
517-331-2590

Peaceful Balance Counseling
64 Van Sickle Dr., Charlotte
517-543-1150

Reflective Spirit
[Tom Jones](#)
123 Lansing Rd., Charlotte
571-543-9500

Comforts of Home Counseling
[Lisa Ottenhoff](#)
[Liz Chamers](#)
391 South Shore Dr., Ste. 214, Battle Creek
269-964-0153

And of course, students can also contact the wellness or mental health provider of his or her choice.

Visits are not free. Your health insurance will be billed when seen by a medical or mental health provider (most forms of insurance are accepted.) Students are responsible for all expenses associated with treatment.

If a student would like assistance making an appointment with any of the above providers, please [email Gayl Dotts](#) or call 269-749-7607.

Safe Living Space

Help is available from the National Domestic Violence Hotline 24/7/365 if you have been placed in a home that is not safe. Visit thehotline.org, call 1-800-799-7233 or text LOVEIS to 22522 for support.

Medical Services – Olivet College

Oaklawn Medical Group (downtown Olivet)
202 N. Main St., Olivet
269-749-2131

Oaklawn Hospital
200 N. Madison, Marshall
269-781-4271

Sparrow Eaton Hospital
321 Harris St., Charlotte
517-543-1050

Other Health Resources

[State of Michigan - Coronavirus](#)
[Centers for Disease Control \(CDC\)](#)
[World Health Organization \(WHO\)](#)

Food

- Food bank locations or food resources can be found by visiting www.auntbertha.com or by contacting the Why Hunger hotline at 1-800-5-HUNGRY.
- Feeding America also offers a food bank locator and information about SNAP (Supplemental Nutrition Assistance Program) benefits at www.feedingamerica.org. Some students may become newly eligible for SNAP during this crisis.
- [Learn more about SNAP](#) or other food assistance programs through the Michigan Department of Health and Human Services at www.michigan.gov/mdhhs.

Olivet College Student Assistance Fund

The Student Assistance Fund is an emergency fund for Olivet College students who need extra support for academic-related expenses as well as health and personal needs. To learn more, please [email Gayl Dotts](#) or call 269-749-7607.

Stay Active

[Free workouts from Planet Fitness](#)

Live-streamed daily at 7 p.m.

Workouts will be led by their trainers and surprise celebrity guests.

Uplifting Resources

- [Weekly Christian scripture lesson](#) with Professor Mike Fales '75 and Jacob Richards '18, Mondays at 4 p.m. via Zoom.
- Be sure to follow your favorite artist or musician on social media. Many are giving free virtual concerts and performances.
- [Subscribe with Insight of the Day](#) to receive a daily quote or inspirational message.

Travel Needs

- [Conlin Travel Impact Dashboard](#).
- [Centers for Disease Control](#) travel FAQs and more .
- [Frontier Airlines](#) is hosting the Students Fly Free program, offering free flights to nearly 100 destinations and other discounts to students who meet qualifying criteria.

Storage Needs

- [Penske](#) rents trucks to 18-23 year-olds without a surcharge and provides a 10% discount to college students.
- [UHaul](#) is offering 30 days of free self-storage to college students.

Internet Access and Computers

Comcast Xfinity

Comcast Xfinity is currently offering its Internet Essentials program free for two months to new customers. The internet provider is also automatically increasing speeds for all Internet Essentials customers. Comcast Xfinity Wi-Fi hotspots are also open and free to use by anyone.

Charter Spectrum

Households with students K–12 or university students can sign up for a new Charter Spectrum internet account to get the first two months of internet with speeds up to 100 Mbps for free. Installation fees will be waived for those who qualify for the offer. Call 1-844-488-8395 to enroll. Spectrum Wi-Fi hotspots are also currently open and free to use.

Altice

Altice internet providers Suddenlink and Optimum are offering 60 days of free internet service for households with K–12 or college students. Internet speeds are up to 30 Mbps if you do not already have access to a home internet plan. To sign up, call 1-866-200-9522 if you live in an area with Optimum internet service, or call 1-888-633-0030 if you live in an area with Suddenlink internet service.

Cox

Until May 12, 2020, Cox is offering the first month of its low-income internet program, Connect2Compete, for free. The internet service is also providing free phone and remote desktop support for technical support during that time.

Programs for low-income internet

[The Federal Communication Commission's Lifeline Program](#)

\$9.25 discount on internet service through participating ISPs

[Learn more](#)

[Xfinity's Internet Essentials program](#)

\$9.95/mo. for up to 15 Mbps

[Learn more](#)

[Spectrum Internet Assist](#)

\$14.99/mo. for up to 30 Mbps

[Learn more](#)

[Cox Connect2Compete](#)

\$9.95/mo. for up to 15 Mbps

[Learn more](#)

[AT&T's Access program](#)

\$10.00/mo. for up to 10 Mbps

[Learn more](#)

[Mediacom's Connect2Compete program](#)

\$9.95/mo. for 10 Mbps

[Learn more](#)

[NetZero dial-up internet](#)

10 hours of free internet service per month

[Learn more](#)

[FreedomPop free 4G mobile and home Internet](#)

1 GB of free data per month

[Learn more](#)

Staples: Reduced Cost Chromebook – while supplies last

Staples has partnered with us to ensure that our students have the proper devices needed to continue learning. The device listed below is suitable for student needs and is available for \$154 **while supplies last.**

HP Chromebook 11A G6

AMD A4 9120C / 1.6 GHz

Chrome OS

4 GB RAM - 16 GB eMMC

11.6" 1366 x 768

Radeon R4

Wi-Fi, Bluetooth

Model #: 6KJ19UT

SA.com # 24403632