

## COVID and mental health at A-State

MADISON BURNS

SPECIAL TO THE HERALD

People in the A-State community have struggled with maintaining good mental health through the Covid-19 pandemic, however A-State offers many resources for their students, faculty and staff during such difficult times.

Covid-19 has made an impact in everyone's life one way or another. The uncertainty of this virus makes it difficult to deal with. Not only are we in a medical crisis with Covid-19 and the many different variants, we are also in a mental health crisis. According to Pat Glascock, a Licensed Professional Counselor and the Current Associate Director of the Arkansas State Counseling Center stated during her interview, "We have seen a lot of grief during the pandemic. Not just grief from losing someone, but people are grieving the loss of a life that used to be normal to them and now it's not".

During the pandemic, students, faculty, and staff have expressed their struggles with their mental health. People are struggling with being tired of the masks/protocols, overwhelmed with fear and anxiety, along with depression.

The Covid-19 pandemic has taken away everything that used to be normal for both students and staff. Sydney Koehler, sophomore at A-State stated "the pandemic has made every day life so much different. Some days have become more of a struggle than others."

Arkansas State University provides resources for their students to help cope with their mental health struggles. A-State has a Counseling Center located in the Reng Center. It is available to all full time students and the cost is already included in the mandatory fees. The Counseling Center is holding counseling sessions virtual, and to make an appointment students can call the office at 870-972-2318. "The A-State counseling center has helped me in so many ways during the pandemic. I would definitely recommend going to the counseling center whether you are struggling mentally or just need a friend to talk too," said Kamryn Nelson, junior at A-State.

The Counseling Center currently offers personal, career, and academic counseling. Wellness classes are also offered at the Arkansas State Red Wolf Center for students to attend. The cost of the

wellness classes are already covered by the mandatory fees.

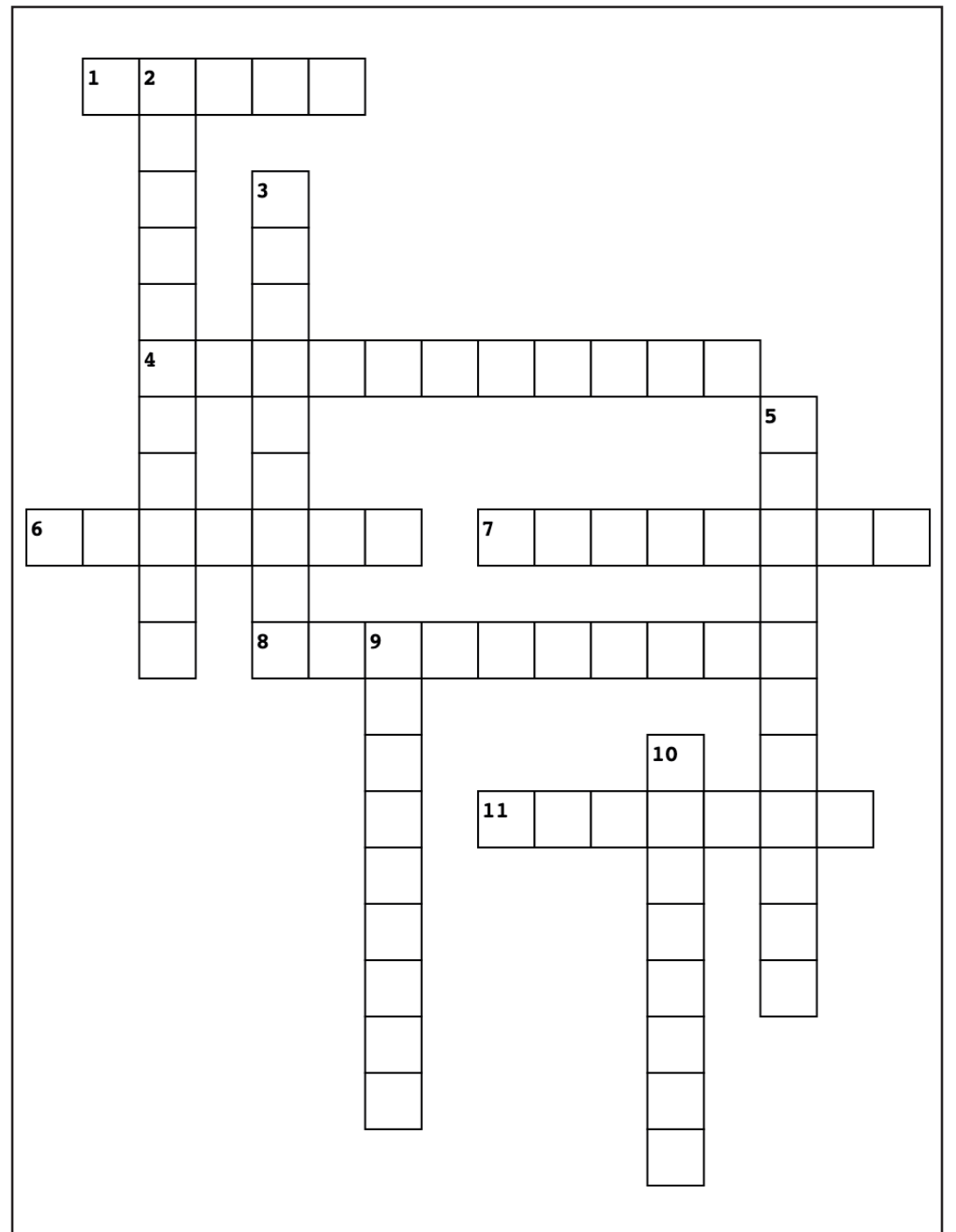
A-State also recognizes the importance of making sure their faculty and staff have resources to help with their mental health as well. The University has provided their full-time faculty and staff with 6 counseling visits to the St. Bernards Counseling Center located here in Jonesboro free of charge. Faculty and Staff may participate in wellness classes located in the HPESS building on campus as well, free of charge.

As an A-State Community "it is also very important that everyone extends grace and kindness to one another daily and is kind to themselves as well" says Glascock. Showing kindness and compassion towards others can make a positive impact on their mental health. Along with being kind to others, we must be kind to ourselves. Times are already hard enough, and showing a little love can go a long way. Here at Arkansas State, we are a family, and we can get through this pandemic and mental health crisis together as one. Mental Health Matters and Every Red Wolf Counts.

## 3/2 Sudoku

6					9			4
	8	9	5				1	6
5				6		3		9
8	3	1				7		5
	2						6	
9		7				8	4	2
2		6		1				8
3	7				6	9	2	
1			3					7

## 3/2 Herald Crossword



Across

1. Recently broke school record for most double doubles; A recent Wordle answer
4. This is ongoing at Honors 4 due to a burst pipe
6. An official order to do something
7. Released their 2022 schedule
8. Student \_\_\_ Board, led the Unity March
11. Country being invaded by Russia

Down

2. A minor crime or wrongdoing
3. People have signed petitions to legalize this recreationally
5. Someone who has a gender identity or gender expression that differs from the sex that they were assigned at birth
9. Player character in Elden Ring
10. The chemical that wakes you up

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Opinion Editor  
Graphic Designers

**ALL STUDENTS ARE WELCOME!**

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