Physical Health

- Regarding coronavirus, here is helpful information about symptoms to look out for and what to do if you are experiencing symptoms. Please note that you should call your provider first so that they can discuss your symptoms over the phone and be prepared for you to visit the office if you are in fact experiencing symptoms of COVID-19.
- If you experience any other physical health issue, call your provider before going to their office/clinic. In most cases there will be special instructions to follow because of the ongoing pandemic.
- In an emergency, call 911 or go to the nearest emergency room. While hospitals are working to avoid becoming overwhelmed during the pandemic, there are still situations where emergency care is warranted and should not be delayed.
- If you are staying on campus, you can still utilize Babson Health Services through May 15th. You must call to make an appointment. There will be no walk-ins. If you make an appointment you will need to call 781-239-6363 when you arrive at the clinic to be let in. Hours of operation are 8:30 to 4:30 going forward. You can also use local after-hours care options when Health Services is closed.
- For the majority of you who are off campus, you have a few options:
  - Utilize your primary care provider at home if that’s where you are
  - Contact a local Urgent Care clinic
  - Use the website for your health insurance provider or the customer service phone number on your insurance card for help finding a provider near you
  - Use your insurance provider’s after-hours nurse/advice line if they have one (it will be listed on their website and likely on your card as well)

Mental Health

- If you are currently having remote sessions with any Olin-sponsored counselor (Colony Care, Anna Tarkoff, or Jill Nuding), these will be paid for by the college through May 15th.
- Some of these counselors may agree to continue sessions past that date, but you will need to utilize your health insurance to pay for care after May 15th. Please talk with your individual provider about whether they are able to continue meeting with you after May 15th and whether they accept your insurance plan.
- If you need to find a new mental health provider, you may:
  - Contact me at bgrampetro@olin.edu for assistance with finding a provider
  - Follow the same steps as above for finding a mental health provider through your insurance company- use their website or the customer service number on your card to locate a provider near you.
- You can find some suggested hotlines for support here.

Abusive Situations

- If you or someone you know needs help relating to an abusive situation, you can find a list of resources here.
If you are currently utilizing an Olin-sponsored resource and you haven’t yet started talking about treatment beyond the end of the semester, I encourage you to do so as soon as possible. If you have questions about any of this information, please e-mail me or set up a Zoom meeting.