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Globally, we are all experiencing varying degrees of collective trauma due to the impact of the [COVID-19](#) pandemic. Collective trauma is when a group of people experiences a shared traumatic event.

However, other traumatic events are continuing to occur in addition to the pandemic. These events can affect individuals through firsthand experiences, but can also have reactions through bystanders, friends, relatives or rescue workers.

Learn more about how to cope and take care of yourself and each other during this time.

[Coping with a Traumatic Event](#)

As always, seeking professional help is important and most counselors and

therapists in the community have transitioned to telehealth. [VT Women's Center](#) advocacy staff is available for virtual appointments. If you are looking for additional support, you can call the Women's Center at 540-231-7806 Monday through Friday between 8:00 a.m. and 5:00 p.m. to request an appointment.



When Staying Home Isn't Safe

While some parts of our communities begin to re-open, we know that many are still heading the message to slow the spread of Covid-19 by staying at home when they can. But for some, staying home isn't safe.

We want to remind everyone that our services are still available.

You can connect with an advocate at the Women's Center at Virginia Tech.

Women's Resource Center of the NRV is available 24/7 via their hotline at 540-639-1123

Statewide resources are available as well.

Call: 800-838-8238

Text: 804-793-9999

Chat: www.vadata.org/chat

[READ MORE](#)

Mental Health First Aid

The uncertainty associated with a global health crisis challenges everyone's ability to cope. American Red Cross created a **FREE** course to help you to build resilience and support yourself and others through this crisis. The course takes approximately one hour to complete and will provide you with the skills to recognize and manage stress in yourself and in others, and how to lend support to family members, friends and coworkers.

[READ MORE](#)



How can we help?

In order to provide you with the resources and programming that is relevant to what you need, please take a moment to share with us the current needs and challenges you are experiencing during this pandemic.

Share with Us!

Upcoming Events

Join Hokie Wellness for a two-part program to help parents reduce the stress of parenting and homeschooling during COVID-19. [Learn more](#) .



Join Hokie Wellness for their Resiliency in the Workplace series that focuses on learning to press pausing and prioritizing self-care. [Register here](#) .

Resiliency In the Workplace: Learning to Press Pause

Often when we're stressed & feeling strong emotions in the workplace, we don't think or react as rationally as we would like. Many of us experience patterns of thinking, or 'mind traps', that can be ineffective and even irrational sometimes. How do we shift these reactions? By learning more about how our thoughts, feelings, and actions all connect.

Stay connected!

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