

**Wellness Center**  
Health and Counseling Services  
Bard College and Bard Academy at Simon's Rock  
84 Alford Road  
Great Barrington, MA 01230  
413-528-7353/ FAX: 413-528-7358

March 23, 2020

Dear Students,

As a follow up to the Wellness Center emails from last week, we want to reach out and reiterate the support available through remote counseling until the end of the current semester. Here is how to access the support:

- If you were already seeing a counselor or were scheduled to see a counselor at the Wellness Center, please reach out to that counselor directly through email. The counselor will then work out a mutually agreeable plan for remote counseling/check-ins by phone or through a telehealth option, such as Zoom.
- If you did not meet or schedule with a counselor this semester but are interested in checking in with a counselor remotely, please email [wellnesscenter@simons-rock.edu](mailto:wellnesscenter@simons-rock.edu). One of our counselors will connect with you at your Simon's Rock email.

We know that these are times of uncertainty and challenges for all. Our goal is to help you to develop a plan of support that will enable you to manage thoughtfully and functionally as you move through the semester.

Continue to Stay Well,

*The Counseling Services Staff at the Wellness Center*

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