

From: [GSSW Student Services](#)
To: [Deana Ahmad](#)
Subject: [col-sw-stu-MSW] You've got this and we're here for you: resources to support your success!
Date: Thursday, May 7, 2020 10:28:32 AM

Dear GSSW students:

As we embark on the second half of Spring Quarter 2020, I write to check-in and share a reminder about the many resources available to support you along the way.

Though the circumstances we find ourselves in are stressful at best, I am struck by the incredible resilience and deep compassion that I witness in the GSSW community every day. Not only are we showing up with, and for, one another, social workers are leading our communities forward in ways that are meaningful, just, and more essential than ever.

While much remains uncertain about the future, I am reminded of the words of Maya Angelou: *"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it."*

As you work through the adversity of this moment—at once communal, yet uniquely individual in its contours—I encourage you to create space to celebrate the accomplishments of each day, whether big or small, to trust in your capacity to overcome challenges, and to know that we are here to support you on this journey. Please read below my signature for more information and, on behalf of all GSSW staff and faculty, remember, **you've got this and we're here for you!**

With best wishes,

Deana N. Ahmad

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Pronouns: she/her/hers

Are you seeking COVID-19 Updates?

DU: Please visit [DU's COVID-19 website](#) for updates from the University of Denver,

including FAQs for students, health and prevention resources, and messages from DU leadership.

GSSW: Please visit the [GSSW Student Resource Portal](#) for updates from GSSW, including student support resources, virtual drop-in hours across teams, and virtual health, wellness, and engagement opportunities.

Are you seeking mental health support?

It's okay to ask for help. All degree seeking students at DU have free, 24/7 access to tele-mental health support through DU's My SSP: Student Support Program. To learn more and get started, please [use these instructions](#) to download the mobile app or [use this link to access a complete video tutorial](#).

Don't forget that it's Mental Health Awareness Week. All are welcome to join the DU Health and Counseling Center virtual events this week. Please [visit their Health Promotion site](#) to learn more, and be on the lookout for other @ThriveatDU events in the coming weeks.

Are you seeking help navigating challenges in or out of the classroom? Would you benefit from getting connected to DU supports?

[Student Outreach & Support](#) is a University resource where trained staff members ensure that students are connected to appropriate campus resources, have a plan of action to meet their goals, and learn how to navigate challenging situations. Activate these services by completing an [SOS referral](#) for yourself or any DU student in need.

The [DU Disability Services Program](#) can assist with any needs or inquiries regarding accommodations and related DSP resources. They can be reached at 303-871-3241 or dsp@du.edu

The [DU Veterans Services Office](#) offers support to all active duty and veteran students. They can be reached at 303-871-4831 or veterans@du.edu.

Are you seeking space for community-building or engagement opportunities during these times?

The ["COVID-19 Updates" tab](#) of the [GSSW Student Resource Portal](#), has an entire section dedicated to virtual health, wellness, and community engagement opportunities. Whether through yoga or meditation, cooking lessons, art and culture, learning webinars, or virtual recreation and travel, there are many ways for students to connect to the community and to one another.

Also during these times, all are welcome to join DU-based programming via Campus Life and Inclusive Excellence, including:

DU Student Engagement events (see the infographic posted on the

[GSSW Student Resource Portal](#) for more details), as well as identity-based programming through the DU Cultural Center, featuring student events for LGBTQ+ communities and communities of color. Events can be found online via their [Facebook](#) and [Instagram](#) pages, and are also posted on the [GSSW Student Resource Portal](#).

Are you seeking to get in touch with one of our student-serving teams?

Many GSSW teams—including Academic Affairs, Career Services, Field Education, Registrar, Professional Advising, and Student Engagement—have established regular, virtual office hours to support you. For more details, please visit the “Virtual Drop-In Hours” section of the [GSSW Student Resource Portal](#).

Are you seeking emergency support resources?

Please visit the “Resources for all GSSW Students” section of the [GSSW Student Resource Portal](#) to learn more about resources that may be available to help support you.

Remember, all the aforementioned resources, and many more, can be found on the [“COVID-19 Updates” tab](#) of the [GSSW Student Resource Portal](#). We encourage you to bookmark this 24/7 resource and refer to it as often as needed, in addition to monitoring your du.edu email accounts regularly.

You received this message because you are a member of the DU network.