

April 2, 2020

Faculty of Engineering, Graduate School of Science and Engineering, Graduate School of
Organic Materials Science, Yamagata University
All Students

Mental Health Maintenance for New Coronavirus Infection (COVID-19)

Yonezawa Campus General Support Center
Student Counseling Office

Currently, the government is calling for a variety of restrictions on social contact to prevent the spread of the new coronavirus and the spread of infection.

Getting enough sleep, healthy eating, exercise, and washing your hands are all things that can be done to help prevent infection. In addition, it is important for each person to think about what can lead to infection and what actions are required to prevent the spread of the virus to the people around you.

However, spending every day in such an extraordinary and restricted manner can have a negative impact on mental health.

For example, the following psychological responses (stress responses) may occur:

- *Fear and anxiety
- *Depression and malaise
- * Anger and irritation
- * Sense of loss
- * Overconfidence in your safety, etc.

In such cases, it is important to talk about your feelings with someone you trust. By all means, please feel free to come speak with the student counselor. Also, if you know any students who might need someone to talk to, please recommend speaking to the student counselor.

Online consultations such as Skype and Zoom are also available in the student counseling room. For further information, please contact:

Yamagata University Yonezawa Campus General Support Center
Student Counseling Office

Tel: 0238-26-3034 (Reception)

HP@<https://www.yz.yamagata-u.ac.jp/current/health/counsel/>

Email@ sodan@yz.yamagata-u.ac.jp

Twitter@[@rC8IzpKhTyfTe9W](https://twitter.com/rC8IzpKhTyfTe9W)

