

As students are adjusting to the many challenges of our new world, they will understandably be experiencing increased stress, fear, and worry about their classes and what the future holds. Please keep in mind that ISU Counseling and Testing is still available to support them. If you have students who are struggling, please encourage them to reach out for help or use the virtual resources on our website.

Pocatello: (208) 282-2130

Idaho Falls: (208) 282-7750

Meridian: (208) 373-1921

COVID concerns: <https://isu.edu/ctc/resources/coronavirus-concerns/>

Virtual Resources: <https://isu.edu/ctc/resources/virtual-wellness-resources/>

Thank you.

Rick Pongratz, Ph.D.