

Helpful Hints and Resources for International Students

Free Hotline Numbers - General Comprehensive Help

- Depression & Suicide- 1.800.273.8255
- Mental Health and Substance Abuse – 1.800.662.4357
- Crisis Text Line – Text “GO” to 741741
- <https://mhanational.org/covid19>

US Immigration/VISA’s concerns:

- Stay in touch with school
- Be in contact with family using WhatsApp & Zoom
- Check your school’s international student service page for updates
- <https://j1visa.state.gov/covid-19/>

Guides for Where To Go For Different Hardships

- <http://www.211.org/> (211 is a vital service that connects millions of people to help every year. To get expert, caring help, simply call 211)

Student Relief Fund

- www.studentrelieffund.org/for-students (various states)

Medical Attention Needed for Routine Medical Exams Including Mental Health Support

- Free medical clinics - www.nafcclinics.org/find-clinic
- Your school or health insurance may also offer a free hotline for medical issues.
(In case of an emergency dial 911. Also, contact Health Services at your school)

Assistance with Continuing ESL (English Second Language)

- Link to Apps:
- Duolingo- www.duolingo.com/ (free)
- Babbel www.babbel.com/ (not free)
- Practice English online - 4 free tools for English link:
<https://www.usnews.com/education/blogs/international-student-counsel/2014/10/07/4-free-tools-to-help-international-students-improve-english-skills>
- www.usalearns.org/free-online-english-courses

There Are Some Sites That Can Help You Find Overall Resources In Your Area Such As Housing

- www.auntbertha.com/ (GREAT resource and is location specific)

Not Having A Mentor Or Someone To Talk For Direction Or Advice

- Check your school's international student service page for updates
- Keep in contact with the international offices
- Use online services, such as WhatsApp & Zoom to be connected

Running Out Of Health Insurance Since It Was Purchased Before Arriving In The USA

- Talk to a school representative to see if health insurance can be purchased through your school, if there is no insurance being offered by your school, use the following site:
www.futurehealthia.com/fhia_main

Take Care of Your Mental Health. Dealing with Loneliness, Anxiety And The Worry About Family And Friends At Home

- Free viewing of documentaries on subjects such as: depression, sleep deprivation, anxiety & stress https://www.myfuturehealth.com/free_access
- International Students' Support Group –online– (Not Free)
www.antiloneliness.com/international-student-support-group.html

Always Check Your School's International Student Service Page for Updates

Where to Put Extra Belongings

- Ask to use a friend's garage or basement or rent a storage unit
- Look online for storage discount offers such as: www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-Amid-Coronavirus