

Dear Students,

We are reaching out with this message of reassurance, as we are in all this together and during such challenging circumstances you are in our thoughts. It is very understandable that some of you might find it challenging to cope with the sudden changes that we all have to adapt to due to the current situation. In view of this, we would like to encourage you to take care of yourselves and we thought of sharing some coping strategies to deal with the stress that you might be experiencing. Here are some coping strategies suggested by the World Health Organization.



Despite that MCAST is currently closed and no one-to-one sessions are being held, our Student Support Services Team is still available to offer support during office hours (Monday to Friday 7.30am to 4.30 pm *excluding public holidays*) via email.

Please do not hesitate to contact us in case you feel the need of immediate support. We will surely do our best to assist you in the most appropriate way we can.

The following are our contact emails:

Psychological Support for Malta Campuses: counsellors@mcast.edu.mt

Psychological Support for Gozo Campus: studentsupport-gozocampus@mcast.edu.mt

Career Advice: careerguidance@mcast.edu.mt

Student Liaison Services: marina.sceberras@mcast.edu.mt

Integration Support Unit: james.m.camilleri@mcast.edu.mt

In case of an urgent personal matter, you wish to discuss out of the above mentioned office hours, you may opt to make use of these other national services: *the 24-hour Helpline 179 or kellimni.com, a 24-hour online chat service or Richmond Foundation's Mental Health Support Freephone **1770** (Mon-Fri 8am-7pm).*

Furthermore, *for any queries related to the Novel Corona Virus, you can be in contact with the National COVID-19 Helpline 111.*

Best regards,

The Support Team