Dear Members of the Penn State Law and SIA Community,

I hope that everyone is doing as well as possible at this challenging time. As we head into the end of semester and exams, I wanted to wish all of our students well and share some additional mental health and wellness resources which we will also add to the webpages for both schools.

- Here you will find a [Health and Wellness guide during COVID-19](#).
- This [Mindful making toolkit](#) is filled with mindfulness practices and resources to help you improve your health and wellbeing. Activities in this guide focus on mindful making, mindful breathing, and mindful movement all aimed at helping you care for yourself during this time of heightened stress and uncertainty.
- One-one-one [Remote Wellness Services](#) are available! Sign up to meet with a peer educator or staff person to discuss your wellness.

**Yoga and Meditation**

- **Wednesday, April 22 5:15-6:15pm** Zoom link: [https://psu.zoom.us/j/4385441023](https://psu.zoom.us/j/4385441023)
  Mindful making workshop - Craft & Conversation

- **Thursday, April 23 11am-12pm** Crocheting a scarf? Working your way through a coloring book? Grab your craft supplies and join us for some crafting and conversation. Zoom link: [https://psu.zoom.us/j/546307722](https://psu.zoom.us/j/546307722)

  Pre-registration is not required. Simply click the link and join in. Learn more about [HPW virtual events and programs](#)!

- CAPS is offering a twice-daily drop-in support opportunity for all PSU students – Virtual Life Hacks. These run M-F at 10:00am AND 3:30pm for one hour and is comprised of a 20-25 min presentation about the transitions, managing stress, and coping skills associated with COVID-19 and small group discussions. It is designed for all students, both undergrad and graduate and run by CAPS staff. Please note – this is NOT a therapy group. For more information including the link to get started: [https://studentaffairs.psu.edu/counseling/wellness-services/life-hacks](https://studentaffairs.psu.edu/counseling/wellness-services/life-hacks)

- A [one stop resource portal is available for students through PSU Remote Resource Sway](#).
  This is an up to date compilation of resources and programming students may need or want to participate in: [https://sway.office.com/LhHzs6EMqPufOe1A?ref=Link](https://sway.office.com/LhHzs6EMqPufOe1A?ref=Link)

- Natasha Gates is PSU’s Student Insurance Advocate and assists students with identifying insurance resources and with applying for Medicaid in different states. Often, applications for Medicaid include the option to apply for other benefits such as food assistance, housing assistance and cash assistance. As she assists students with
Medicaid applications, she reviews the range of programs they may eligible for. You may contact her at: insuranceadvocate@psu.edu

Guide to Public Assistance Programs

Pennsylvania resident students can apply for assistance programs via the PA Compass website: https://www.compass.state.pa.us/compass.web/Public/CMPHome

Links for information on assistance programs offered through the PA Dept of Human Services:
Healthcare/Medical Assistance:
https://www.dhs.pa.gov/Services/Assistance/Pages/Medical-Assistance.aspx

Supplemental Nutrition Assistance Program (formerly known as food stamps):
https://www.dhs.pa.gov/Services/Assistance/Pages/SNAP.aspx

Cash Assistance: https://www.dhs.pa.gov/Services/Assistance/Pages/Cash-Assistance.aspx

Housing resources and Public housing:
https://www.dhs.pa.gov/Services/Assistance/Pages/Housing.aspx

https://www.hud.gov/program_offices/public_indian_housing/pha/contacts

Heating assistance (closed for 2019-2020 season on 4-10-20)
https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx

PA Women, Infants and Children (WIC) program: https://www.pawic.com/

Resources for Energy/utilities bills:
http://www.puc.state.pa.us/consumer_info/electricity/energy_assistance_programs.aspx

- Here are some helpful links for out-of-state students (focused on states with higher PSU student populations):

  New Jersey: https://www.njhelps.org/

  New York: https://www.mybenefits.ny.gov/mybenefits/begin

  Maryland: https://mydhrbenefits.dhr.state.md.us/dashboardClient/#/home

  Virginia: https://www.dss.virginia.gov/benefit/

  Ohio: https://benefits.ohio.gov/

  West Virginia: https://www.welfareinfo.org/wv/

  Connecticut: https://connect.ct.gov/access/jsp/access/Home.jsp

  California: https://www.cdss.ca.gov/benefits-services

  Massachusetts: https://www.mass.gov/topics/food-cash-assistance
Florida: [https://www.myflorida.com/accessflorida/](https://www.myflorida.com/accessflorida/)

Contact the Student Insurance Advocate for help with finding programs in your state: Natasha Gates, LSW | 814-865-3585 |

As always, please let us know any way we can be helpful and supportive.

Best,

Hari Osofsky

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