

How to be a Supportive Friend During COVID-19

Presented by

Peers for Progress at UNC Gillings School of Global Public Health
and the UNC Mental Health Coalition



Webinar Agenda



Peers for Progress
Peer Support Around the World

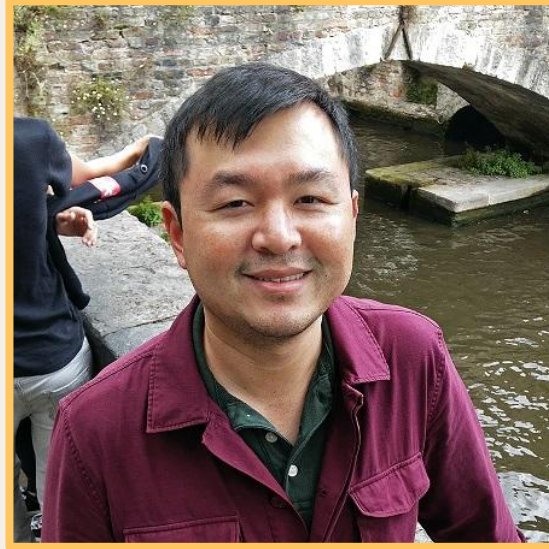


1. Introduction (5 min)
2. Identifying Challenges (15 min)
3. Resource Sharing (10 min)
4. Being a Friend during COVID-19 (25 min)
5. Closing (5 min)

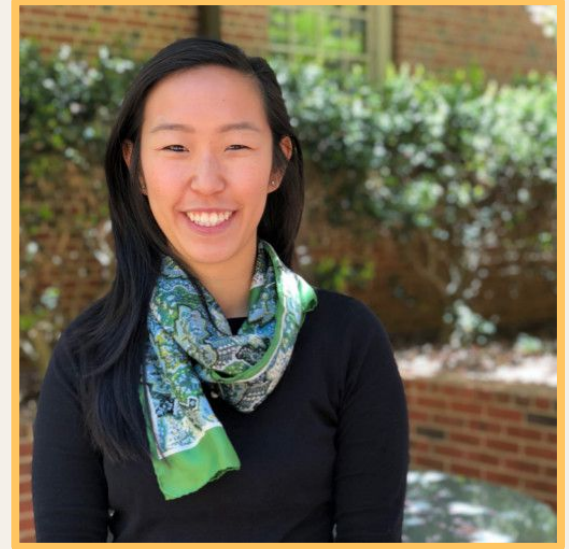
Introductions



Edwin Fisher



Patrick Tang



Samantha Luu

Introductions, continued



Emma Caponigro



Hannah Barker



Who are you?

If you are comfortable with it, let us know
your name and role in the chat

Possible Current Challenges



- Fear & Anxiety
- Sudden change and future uncertainties
- School stressors
- Financial stressors
- Personal stressors
- Health concerns
- Loneliness and feelings of isolation

Identifying Challenges

1. What are some of the challenges faced by students, faculty or staff?
2. What are some of the challenges we see/experience across our campus and community?
3. How has COVID-19 affected daily life? In the long term?
4. What is a stressor that you are facing that may be unique to your situation?

Let us know your thoughts in the chat



Additional Challenges?

Things to Keep in Mind

- Current challenges are unfamiliar, and constantly in flux
- People experiencing a combination of challenges
- Your challenges probably overlap with others in some ways, and diverge in other ways
- Friends may want to talk about these challenges, so it is helpful to know what resources are available if you'd like to share those (or use them yourself)

Resource Sharing - Information

CDC (US)

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

WHO (Intl.)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

North Carolina

<https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina>

UNC-related

- UNC-Chapel Hill: <https://www.unc.edu/coronavirus/>
- UNC Human Resources: <https://hr.unc.edu/employees/covid19-faqs/>
- Campus Health: <https://studentwellness.unc.edu/>
- CAPS: <https://caps.unc.edu/>
- CAPS 24/7 by phone: 919-966-3658
- UNC Learning Center (resources for online learning): <https://learningcenter.unc.edu/>
- Carolina Center for Public Service's Resources and Opportunities related to COVID-19: <https://ccps.unc.edu/coronavirus/resources-and-opportunities-related-to-covid-19/>

Resource Sharing - Tangible Assistance



Carolina Student Impact Fund

<https://www.unc.edu/posts/2020/03/19/carolina-student-impact-fund-to-help-students-affected-by-covid-19/>

211 Resource Navigation

<http://211.org/>
Dial 2-1-1

Mutual Aid

<https://itsgoingdown.org/c19-mutual-aid/>

Healthcare & Navigation

<https://www.healthcare.gov/>
<https://www.ncnavigator.net>

Ideas for Community Support

https://docs.google.com/document/d/1APTt2XVdQ7A7pNXOcX_Sv02lsegpwaDFV0MjHhCvSA/edit

Unemployment

<https://des.nc.gov/apply-unemployment>

Resource Sharing - Innovative Ideas

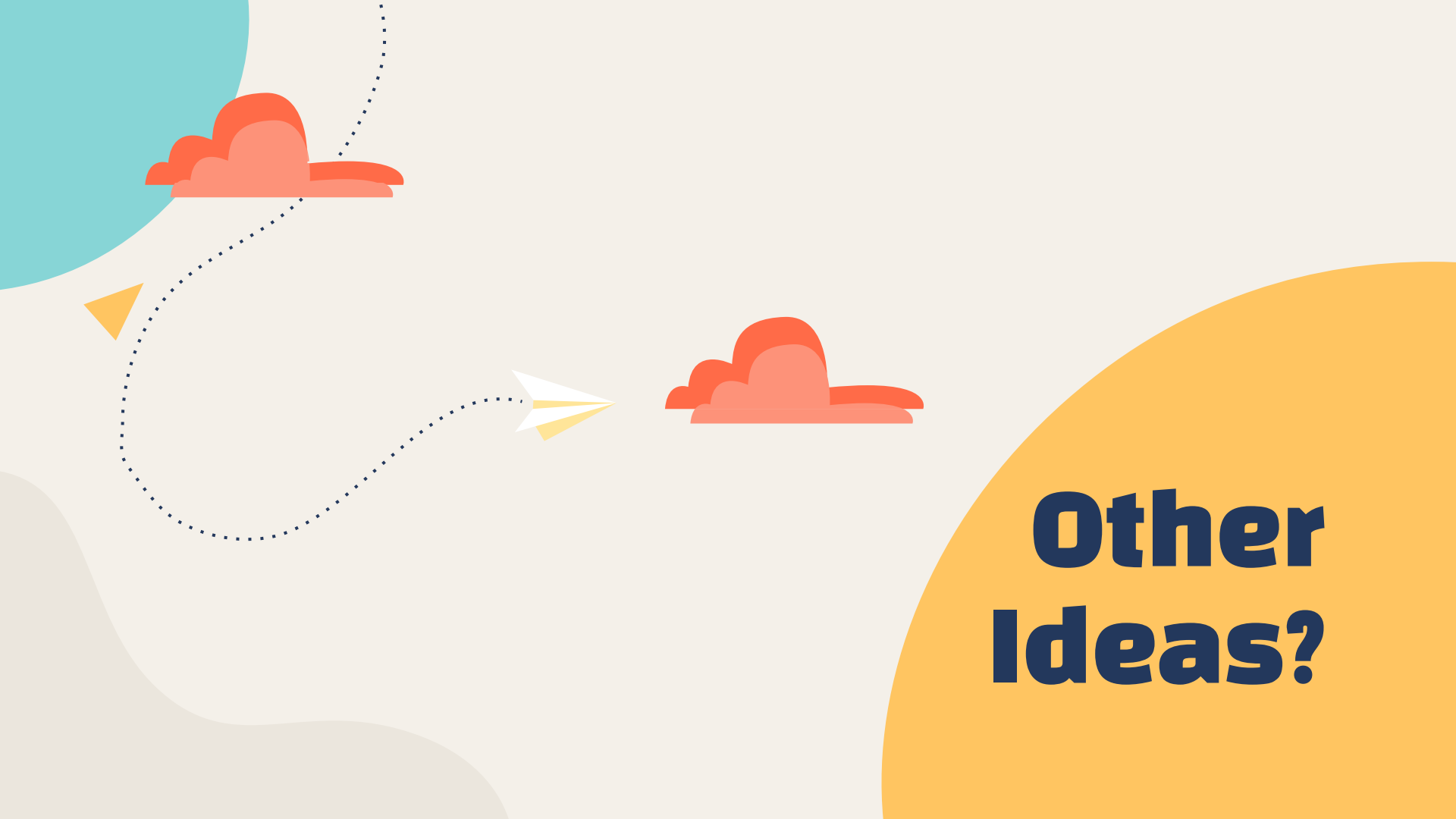
How can people utilize their own skills and training?

- Ex. Public health / Science - Combat misinformation
- Ex. Art - Share art pieces, teach/share your skills virtually
- Ex. Literature / English - Lead a book club, offer editing skills

How do you socially distance without emotionally distancing?

- Given the calls for social distancing, traditional ways of staying connected may become more difficult.
- Nontraditional ways of staying connected, both synchronous and asynchronous e.g., Zoom meet-ups, FaceTime

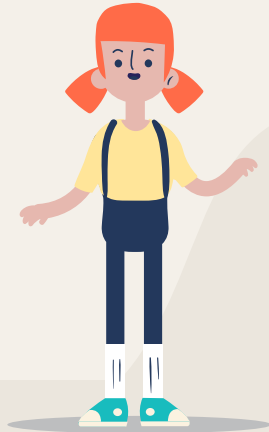




**Other
Ideas?**

How to be a good friend during COVID-19

1. Be kind to yourself and care for yourself
2. A key message for you as well as others: Give yourself some slack; you're trying your best so don't let it get you down
3. Think about whom you haven't heard from or who may be struggling
4. Be bold -- in these times, others are open to being contacted
5. Ask about families and loved ones
6. Ask about the obvious, whether family or friends of the person you call are OK, or, if they are sick, how they are doing
7. Check in with those who are sick



How to be a good friend during COVID-19, continued

8. Prioritize reaching out, and make it part of your daily/weekly routine
9. “Pay it forward” -- Encourage those you reach to reach out to others themselves
10. Role is to be a friend. You don’t have to have all the answers. You can even call others to see if they have answers to **your** questions -- the point is to **connect!!**
11. Share your own experiences so others feel comfortable sharing theirs (but be sure not to monopolize -- give others room to talk)
12. Ask open-ended questions instead of closed questions
13. Small gestures can mean a lot – voicemails, “hello” texts, exchange of humorous postings even if they aren’t that funny

How to Connect



Call

- Group or individual calls
- Daily call to close friends



Message

- Send a “How are you holding up?” message
- Send a funny photo or video



Video Chat

- Work or study silently on Facetime/Zoom/Google Hangouts
- Virtual happy hour/book club/movie watching



Brainstorming Ideas

Now that we understand some of the challenges and resources, let's brainstorm some tips for how to be a good friend during this time.

Please write your thoughts in the chat.

Discussion:

Where do we go from here?

What are some additional ideas of things we can all do?
Creative solutions to the challenges we are currently facing?

Thank you for joining us

Please contact us with any additional questions or thoughts

Ed - fishere@email.unc.edu

Pat - ptang@unc.edu

Samantha - samantha_luu@unc.edu

Emma - emmacap@live.unc.edu


Hannah - helise@live.unc.edu



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Peer Support Around the World



Slides will be available at: www.peersforprogress.org/unc-ch-peer-support-pods



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