

## RESOURCES FOR STUDENTS & FACULTY

### Resources for COVID-19:

If you are worried or anxious and need immediate help, please call the Guam Behavioral Health and Wellness Center (GBHWC) Hotline at 647-8833. GBHWC has also recently launched Telehealth counseling services (individual/group counseling) with Dr. Fegurgur (licensed Telehealth provider). You can also contact the Centers for Disease Control and Prevention by clicking on the link below.

[Centers for Disease Control and Prevention - Stress and Coping](#) [1]

[GCC Virtual Calming Room](#) [2]

[Free Individual Counseling Services](#) [3] for GCC Students and Employees provided by WestCare. Call (671) 989-1962 or Email [uplift@westcare.com](mailto:uplift@westcare.com) [4]

[Depression and College Students](#) [5] (pdf from the National Institute of Mental Health)

For additional community resources, please click on the link below.

[Contact Information of Community Resources](#) [6] (Click on the "Get help" link on the right side to view list)

[Isa Psychological Services Center Behavioral Health Provider Resource List](#) [7] (pdf)

### Academic Resources:

[Educational Planning Sheet](#) [8] (docx)

[How to Study Guide](#) [9] (online resource)

[Taming Test Anxiety](#) [10] (pdf)

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### Career Resources:

[Nontraditional Careers](#) [11] (pdf)

For more information on career planning, please click on the links below to visit various websites:

[My Next Move](#) [12]

[Guam Department of Labor](#) [13]

[U.S. Department of Labor](#) [14]

[Occupational Outlook Handbook](#) [15]

[Career One Stop](#) [16]

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### Personal Counseling Resources:

[Assessment and Counseling Department Brochure](#) [17] (pdf)

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[Directory of Community Resources available on Guam](#) [6]

[Isa Psychological Services Center Behavioral Health Provider Resource List](#) [7] (pdf)

[Resource Directory of Association of Individual, Marriage and Family Therapists of Guam](#) [18] (pdf)

[Counseling Advocacy Booklet](#) [19] (pdf)

[Dealing with and Preventing Cyber Bullying](#) [20](pdf)