

COVID-19 RESOURCES FOR HEALTH SCIENCES GRADUATE STUDENTS & POSTDOCS

Resources Available to All Trainees:

COVID-19: Resources for Graduate and Postdoctoral Studies

<https://gradschool.utah.edu/covid-19/>

- Offers chat feature
- Information includes:
 - Research Under Alert Level Orange
 - Emergency Student Aid
 - Stipend levels and Tuition Benefits Program Updates
 - Libraries
 - Equipment – laptop access
 - Health Coverage
 - Graduate Student and Postdoctoral Teleworking During COVID-19 Emergency
- Virtual Conference Awards ([link](#))

University of Utah COVID-19 Central

<https://coronavirus.utah.edu/>

- UPDATED Student Coronavirus Testing Plan ([link](#))
- General Campus Questions hotline 801-213-2874
- Health and Testing Questions Hotline: 801-587-0712
- General Campus Information & Precautions
- Semester Checklists ([link](#))

Vice President for Research

<https://research.utah.edu/coronavirus/index.php>

- Allowable Research Activities ([link](#))
- Health & Safety
- Research Operation Levels
- Frequent Research Operations Updates

Pulse COVID Page

<https://pulse.utah.edu/program/covid19/?hmpg=true>

- External Resources
 - Case Trackers & Visualizations
- Research Resources
- U of U Health updates
- Daily Dashboards
- Video updates

COVID-19 Testing

<https://healthcare.utah.edu/coronavirus/reserve-test/>

- Schedule a COVID-19 Test by filling out online form

Family and Childcare Resources

<https://childcare.utah.edu/>

<https://pulse.utah.edu/site/FamilyResources>

<https://childcare.utah.edu/family-child-care-resources/index.php>

- Family and childcare resources
- School-age care
- Financial assistance
- Tutoring and after school programs

International Student and Scholar Services

<https://iss.utah.edu/news/3-11-2020-covid-19-faq.php>

- University policies and class questions
- Immigration Status & Travel
- Employment: On-campus, OPT & CPT

Center for Disability & Access

<https://disability.utah.edu/>

The Center will facilitate any accommodations needed for students, faculty, and staff including accommodation related to immune compromised students or postdocs that need virtual only access to University resources.

Feed U Pantry

<https://union.utah.edu/resources-spaces/feed-u-pantry/hours-about-us/>

The University of Utah food pantry provides non-perishable, nourishing food for our students, their families, faculty, and staff.

- A. Ray Olpin Union Building (Basement level)
- HSEB (2nd floor student lounge)

Office of Sponsored Projects

<https://osp.utah.edu/grant-life-cycle/find-funding/find-sources.php>

- Sources include:
 - Government funding sources
 - Postdoctoral Funding
 - Graduate Fellowships Opportunities
 - Corporations and Foundations

Resources Specific to Graduate Students:

University Counseling Center

<https://counselingcenter.utah.edu/services/>

Includes the following FREE resources:

- Call 801-581-6826 for crisis support
- 24/7 support from crisis counselors. Text HOME to 741741
- Virtual Hope Box App – a multimedia coping skill app designed for individuals struggling with depression
- Guided Meditations & Practices

Center for Student Wellness

<https://wellness.utah.edu/>

Includes “Wellness Wheel: Finding a Balanced Approach”, which provides links to resources for the following facets of wellness:

- Intellectual, Spiritual, Environmental, Physical, Emotional, Social, Financial, Occupational
- *NOTE: Victim-Survivor Advocacy program is available to ALL members of the University community.*

Resources Specific to Postdocs:

Office of Postdoctoral Affairs

<https://postdocs.utah.edu/>

Services offered:

- Confidential advising
- Career counseling
- Career and professional development seminars and workshops
- Utah Postdoctoral Association

University of Utah Employee Assistance Program

<https://www.hr.utah.edu/benefits/eap.php>

Includes free counseling services for postdocs and non-student trainees. Appointments can be scheduled both in person and online.

- Call 801-587-9319 to schedule an appointment
- Mental Health Crisis line: 801-587-3000
- National Suicide Prevention Line: 800-273-8255

U Family Tutoring

https://learningcenter.utah.edu/u_family_tutoring/

The Learning Center will offer expanded tutoring for students in grades 6-12 who are children of U employees (postdocs).

- Up to 10 hours of tutoring per employee until funds are exhausted.
- When those hours are utilized, families may continue to pay out of pocket for additional hours at a rate of \$11/hour.

Utah Postdoctoral Association

<https://upda.utah.edu/>

An independent advocacy group run and operated by postdocs at the U of Utah.

Currently organizing safe social and professional development events for all postdocs.

University of Utah HR page (for postdocs)

<https://www.hr.utah.edu/postdoc/index.php>

Offers the following:

- Time off needs, including Family Medical Leave
- Workplace Accommodations
- WellU program