

# Zeta Beta Tau

*A Brotherhood of Kappa Nu, Phi Alpha, Phi Epsilon Pi, Phi Sigma Delta, Zeta Beta Tau*

The Fraternity is continuing to monitor the impact of COVID-19 on our campus communities, and the impacts on our colleges and universities. This includes canceling in-person classes, limiting gatherings and other steps which alter operations.

Zeta Beta Tau is committed to supporting our brothers as they work to adapt. Below you will find our resources on mental health.

## **Mental Health Resources:**

- The Jed Foundation has created a resource page. [Learn more.](#)
- It is important to take care of your mental health as well as your physical health [Learn more.](#)
- Anxiety and Depression Association of America Psychologist Jelena Kecmanovic provides some science-based [strategies and tips](#) for coping with COVID-19 anxiety. [Learn more.](#)
- Dennis Gillan, a Mental Health Advocate and Speaker, has put together a great resource. [Learn more.](#)
- Lendedu has pulled together financial resources. [Learn more.](#)
- Mental Health America has tools for anxiety. [Learn more.](#)
- Mental Health American has a great webinar on peer, friend, and self support during this crisis. [Learn more.](#)