

Potential Impact of COVID-19 on Different Student Populations – Students with Mental Health Concerns

The Wellness Center's Health Promotion team compiled information on different student populations and how they may be impacted by the COVID-19 pandemic. We have included some background information, as well as some national and Loyola specific resources for students to access in this time of uncertainty. See below for information on students with mental health concerns, the rest of the specific population factsheets can be found in separate pdfs on the [website](#).

Students with Mental Health Concerns

Anxiety can mimic some symptoms of COVID-19, which can stir up more anxiety. It can be helpful to differentiate when your anxiety is at play, versus when something else is going on. You can do this by understanding the symptoms of anxiety and of coronavirus. For example, if you are NOT experiencing a fever or cough, it's most likely anxiety-related. It is not uncommon to be experiencing differences in your mental health during this time, and if you are struggling to cope, consider checking out some of these online resources.

Resources:

- [More information on mental health and coronavirus](#)
- [Signs, symptoms and coping tips](#)
- [Additional resources](#)
- [Loyola Wellness Center's Mental Health Services](#)