



TEXAS A&M UNIVERSITY

Office for Diversity



Strategies and Resources for Managing Socio-political Stress

Regardless of your political affiliation, the following strategies and resources can be useful for managing socio-political stress:

- [Election Self-Care Tips](#) from Texas A&M's Counseling & Psychological Services (CAPS)
- [Tips for Managing Socio-Political Stress](#) from UC-Davis
- Through the break, students can access acute/immediate need services from CAPS by phone at 979.845.4427. Please visit <https://caps.tamu.edu/> for additional mental health information and resources.
- Texas A&M employees have access to [Employee Assistance Program](#) (EAP) and [Flourish](#) for self-care and wellness resources.

Aggies, we can communicate with respect and integrity and lead to promote positive change. Demonstrate our Core Values by working together to embrace inclusion and reject hate.

