

## **Resource List**

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Hello,

Thank you for your response. I am happy to offer some support and resources to assist you with the problems that you mentioned in your questionnaire.

### **1. Counseling and Consultation Services**

Counseling and Consultation Services offer a variety of resources that many students find useful. For example, CCS offers 10 free counseling sessions to OSU students per academic year. Individual counseling gives people a place to process their experiences and emotions, and grow in their confidence to cope with and manage stress. To fully inform you, there is a high demand for services at CCS. As a result there can be a bit of a waiting list, and they may choose to refer you to a community provider if they feel you will be better served in a different setting. However, many students find the opportunity for free mental health support to be a useful resource to consider. The first step to get connected with CCS for counseling services is to schedule a phone consultation appointment, you can find instructions for how to do so at the web address below:

<https://ccs.osu.edu/schedule-a-phone-screening/>

CCS also offers a variety of counseling groups, which are free and open to all students. Being in a group can assist you in managing and coping with the difficult issues that you're facing, in the very same way that individual counseling can. There are groups for skills and groups for support, ranging from managing stress and anxiety to graduate student issues. You still need to complete a phone screening prior to attending, however my understanding is that attending a group entails a shorter wait time when the demand for services is high. Of course many express hesitation in joining a group, particularly wondering if they will get the same kind of attention as benefit as they might in individual counseling. However, the literature on the topic does show group counseling to be as effective (if not more effective) as individual counseling in producing positive outcomes. This may be a useful resource for you to consider. You can find group testimonials and a menu of group offerings at the web address below:

<https://ccs.osu.edu/groups/>

CCS also offers weekly drop-in workshops, which are useful for picking up skills and strategies for self-care and stress management. These are also a free resource, and you do NOT need to register or complete a phone screening to attend (you can simply show up!). There are a variety of options available, which you can find at the web address below:

<https://ccs.osu.edu/drop-in-workshops/>

You may also be interested in exploring the possibility of getting connected to a community provider. CCS has an online database where you can search for a counselor based on several different characteristics, including the insurance plans that they take (for example if you are on the OSU Student Health Insurance, you can search for counselors that accept that plan). Psychology Today has a similar database. You will likely be required to contribute some type of copay when seeing a community provider, the trade-off is that you have more flexibility to 'shop around' for someone you like, and a community provider may be able to see you sooner and more consistently than a counselor at CCS. You can access CCS's and Psychology Today's databases at the web address below:

<https://ccs.osu.edu/cpd/>

<https://www.psychologytoday.com/us/therapists?search=Columbus>

Finally, CCS offers a service they call “Let’s Talk”, which is drop-in informal mental health consultations with a clinician from CCS. This is a resource that you can access to get in-person and direct support from a clinician. Let’s Talk sessions are one-on-one sessions that span 15-20 minutes, with no appointment or paperwork necessary as students are served on a first-come-first-serve basis. A clinician from CCS may also be knowledgeable of counselors in the immediate counselor area that you can access.

<https://ccs.osu.edu/about-us-and-our-services/lets-talk/>

## **2. Dennis Learning Center**

On the topic of academic concerns, The Dennis Learning Center (DLC) may be a useful resource for you. They provide a variety of academic support services for OSU students. DLC offers free academic coaching for OSU students. This coaching can address a variety of academic concerns, to name a few: issues with procrastination, maximizing study habits, and overcoming test anxiety. You can find more information here:

<https://dennislearningcenter.osu.edu/free-appointments/>

## **3. Student Wellness Center**

The Student Wellness Center (SWC) offers a range of services for OSU students, and I think you may be particularly interested in wellness coaching. Wellness coaching is similar to counseling but focuses specifically on self-care and building strengths and resiliency. You can find more information about wellness coaching here:

<https://swc.osu.edu/services/wellness-coaching/>

## **4. Collegiate Recovery Community**

For excessive substance use, there is always the Collegiate Recovery Community which is offered by the OSU Student Wellness Center. This is a welcoming and inclusive environment for students that is located right on campus. They will help to empower you to be your authentic self, free of alcohol and other drugs. They can also provide extra resources for both on and off campus. For more information on this resource please click the link below:

<https://swc.osu.edu/services/collegiate-recovery-community/>

## **5. OSU Stress Management and Resiliency Training (SMART) Lab**

The OSU Stress Management And Resiliency Training (SMART) Lab is another resource that might be useful for you. The SMART Lab offers sessions that utilize software technology to focus on biofeedback (e.g. heart rate, respiration, skin conductivity). Clients are given the opportunity to identify sources of stress, problem solve ways to reduce that stress, and practice relaxation techniques with the biofeedback software. You can follow the link below to get more information and make an appointment.

<https://u.osu.edu/smartlab/>

## **6. OSU Career Counseling and Support Services**

For career concerns, you may find OSU's Career Counseling and Support Services (CCSS) may be a helpful resource. They offer OSU students free career counseling and consultation related to career needs. Again without knowing more details about your concerns I can't make more specific recommendations, but you can find more information here:

<https://ccss.osu.edu/>

## **7. National Suicide Prevention Lifeline 1-800-273-8255**

The National Suicide Prevention Lifeline can be a good resource as it offers free and confidential support when you are in distress. This line also provides resources on prevention and crisis for you. The number for this lifeline is 1-800-273-8255. For more information on this resource and ways that they may be able to help please see the link below:

<https://suicidepreventionlifeline.org/>

## **8. Crisis Text Line**

If you feel that you are in need of immediate support but do not feel like talking about what is going on you can always text the Crisis Text Line. They are available 24/7 and offer immediate support from a trained crisis counselor. This is a free and confidential resource that allows for support at any time. The crisis counselor will help to problem-solve while helping to make you feel safe and calm in your time of distress. The number for this line is 741741 and you can obtain more information about this source from the link below:

<https://www.crisistextline.org/>

## **9. OSU Couple and Family Therapy Clinic**

For those that are facing relationship problems a possible option would be to visit the OSU Couple and Family Therapy Clinic. They are currently offering telehealth sessions and they aim to look at both relational strengths and concerns while addressing individual strengths and concerns. This resource does not accept any insurance but does use a sliding fee scale based on your current income. If you are interested in setting up an appointment you can call (614)292-3671 or email them at [CFTclinic@osu.edu](mailto:CFTclinic@osu.edu). For more information on this resource you can click on the link below:

<https://cftc.ehe.osu.edu/>

## **10. Student-Athlete Support Services Office**

The Student-Athlete Support Services Office provides assistance in academic, athletic, personal, and professional development. They aim to foster growth in decision-making, planning, and fulfilling your academic, career, and life goals. For more information on this resource please click the link below:

<http://younkinsuccess.osu.edu/about-us/departments/student-athlete-support-services/>

## **11. Overeaters Anonymous**

Overeaters Anonymous is a resource that provides support groups across the world with unhealthy eating patterns and negative body image. These meetings are available online and can be attended from wherever you are via webcam. For more information on this resource please click the link below:

<https://oa.org/>

### **12. Mental Health America of Franklin County**

Mental Health America of Franklin County offers a wide variety of resources ranging from support groups to those dealing with anxiety and depression to pro-bono counseling sessions. Their overall goal is to make it easier to get help for mental illnesses while providing individuals with support in order to lead a better lifestyle. For more information on this resource please click the link below:

<https://mhaohio.org/>

### **13. The Student Life Multicultural Center**

The Student Life Multicultural Center provides dialogues, trainings, and workshops that cover a wide range of identity development and social justice issues. They also offer student cohort groups which focus on community building, identity development, and empowerment for students. They are inclusive of students from all backgrounds and aim to make their events a safe place for exploration and development. For more information on this resource please click the link below:

<https://mcc.osu.edu/>

### **14. Center for Study of Teaching and Writing**

The Writing Center Offers free help with any stage of the writing process to any member of the university community. They offer both in-person and online sessions, where the consultant can work with students on a variety of different papers including, but not limited to, research papers, lab reports, dissertations, resumes, and proposals for applications. For more information on this resource please click the link below:

<https://cstw.osu.edu/our-programs/writing-center>

### **15. Department of Public Safety**

The Department of Public Safety at the Ohio State University is a great resource for a variety of reasons. They offer a variety of services and resources to handle many different situations. These resources include Active Aggressor, Rave Guardian, Bug Your Bike, Emergency Plans, and Safety Tips for campus life. These resources are all directed at creating a safe environment here on campus, and informing students on the proper ways to handle different situations. In the case of an emergency please call 9-1-1 and in the case of a non-emergency you can call (614)292-2121 For more information on this resource please see the link below:

<https://dps.osu.edu/>

### **16. Math and Stats Learning Center**

The Mathematics and Statistics Learning Center attempts to create an efficient and effective model for students to feel supported in their mathematic ventures. They offer online tutoring in a variety of

different courses that are in the Mathematics and Statistics departments free of charge to students. They also offer a list of tutors that you can hire for the different courses that are offered across the campus. Along with the tutoring options and resources they also offer online workshops that can help students to understand different mathematical and statistical methods. For more information on this resource please click the link below:

<https://mslc.osu.edu/>

### ***17. Off Campus and Community Services***

The Off Campus and Community Services at Ohio State offer a list of resources that can help students get acclimated within the community. Examples of resources include Commuter resources, roommate ads, off campus housing search, and information on how to best guarantee home safety. Along with the information on these different aspects of moving to campus they also provide a safety contact list that can provide students with the contacts that they would need in the case of different emergencies. For more information on this resource please click the link below:

<https://offcampus.osu.edu/>

### ***18. Disability Services***

Disability Services at the Ohio State University strive to make education accessible and attainable to all students. The goal is to eliminate disability related barriers so that all students have an equal opportunity for success. Some of the services they offer include exam accommodations, note-taking assistance, attendance modification, assistive technology, accessible media, sign language interpretation, housing accommodations, dining accommodations, and disability parking among many others. For more information on this resource please see the link below:

<https://slds.osu.edu/>

### ***19. Office of Diversity and Inclusion***

The Office of Diversity and Inclusion at the Ohio State University aim their initiative at recruitment, retention, and success of underrepresented students, faculty, and staff. They offer a variety of resources to graduate students including a dissertation bootcamp, where they help students to develop a plan to complete their coursework in a timely manner, Leadership Initiative for Women of Color, which empowers these students to be leaders both on campus and off, and Preparing for the Professoriate Retreat, which is a retreat that helps students to outline their professional goals and how to reach them. Along with these resources they also offer a variety of scholarships to students that can help make college life more manageable and a college degree more accessible. For more information on this resource please see the link below:

<https://odi.osu.edu/>

### ***20. Office of international Affairs***

The Office of International Affairs at the Ohio State University provides information and assistance to those that are interested in studying abroad. They will help you to find a program abroad that fits what each student is looking for. They also provide extra support for international students that are part of the Ohio State community. They allow for individual meeting with an advisor, training workshops, and a

resource list that can provide students with information that can make them more comfortable making the adjustment to the United States. For more information on this resource please see the link below, I have also attached the link for the resource guide.

<https://oia.osu.edu/>

<https://oia.osu.edu/media/grhiteng/scholar-resource-guide-2020-website.pdf>

### **21. Military and Veteran Services**

The Military and Veteran Services at the Ohio State strive to ensure the academic success of Ohio State's Student-Veterans. Some of the services that they offer include managing and coordinating all VA education benefits, coordinate ROTC programs and policies, assist students with accessing essential university services, and connect students to State and Federal agencies that can help to support them. Along with these services they provide Student-Veterans with a resource list that can help them to understand all of the services that are available to them. For more information on this resource please click the links below:

<http://veterans.osu.edu/Pages/Ohio-State's-Office-of-Military-and-Veterans-Services.aspx>

<http://veterans.osu.edu/veterans-resources>

### **22. Suicide Prevention**

The Suicide Prevention Program at the Ohio State aims to develop a comprehensive, effective, culturally responsive, technologically advanced, and sustainable system of suicide prevention at the Columbus and the five regional campuses of The Ohio State University. They offer a variety of resources surrounding suicide prevention to everyone ranging from the individual in distress to family members to friends. Along with resources they offer trainings that can help both students and faculty to understand the warning signs of suicide and the best ways that we can work together as a community to decrease the risk of suicide on our campus. For more information on this resource please click the link below:

<https://suicideprevention.osu.edu/>

### **23. Student Advocacy Center**

The Student Advocacy Center at the Ohio State University strives to empower students to overcome obstacles they face both in and out of the classroom. They provide students with support in multiple areas of college life which include academic, financial, and health related issues. In the academic section they support students with grade grievances, incompletes, advising, academic misconduct, and residency issues. With finances they support students with financial aid issues and dropping classes for nonpayment. They then offer students with resources about health related issues including disabilities, hospitalizations, and mental health. In order to begin working with the Student Advocacy Center you will begin by filling out a online request for assistance (the link is below). For more information on this resource please see the links below:

<http://advocacy.osu.edu/>

<http://advocacy.osu.edu/online-assistance-request/>

### **24. Student Health Services**

The Student Health Services at the Ohio State provide a variety of health care services to the student population. Some of the services provided include primary care, vaccination requirements, gynecological services, physical therapy, sports medicine, dental, and pharmacy. They then provide a long list of resources to students that cover student life departments, on campus resources, and off campus resources. For more information on this resource please see the links below:

<https://shs.osu.edu/>

<https://shs.osu.edu/services/resources>

### **25. Student Legal Services**

Student Legal Services at the Ohio State University provide students with confidential legal advice and representation for a wide range of legal issues Ohio State students may face. The areas of law that they cover include civil matters, criminal and traffic offenses, and immigration issues. All students are eligible for these services as long as they are attending courses on the Columbus campus and are enrolled in an academic program. For more information on these services please see the link below:

<https://studentlegal.osu.edu/>

### **26. Younken Success Center**

The Younken Success Center is the hub for services related to student success. The Younken Success Center is comprised of the Dennis Learning Center, Student-Athlete Support Services Office, Student Life Buckeye Careers, Student Life Career Counseling and Support Services, and the Student Life Counseling and Consultation Services. Their website provides students with resources surrounding tutoring, academic services, career services, and wellness services. They provide links to the resources that can help students succeed in these different areas of college life. For more information on any of the resources provided by the Younken Success Center please reach out to me or check out the link below:

<http://younkinsuccess.osu.edu/>

### **27. Scarlet and Gray Financial Services**

Scarlet and Gray Financial Services offers Financial Coaching to all students. This coaching is an education based conversation about your goals and vision for the future. They will work with you to create a spending plan based on your current financial standing. They also provide resources and next steps once that spending plan is created. For more information on this resource please see the link below:

<https://swc.osu.edu/services/financial-education/financial-coaching/>