



Office of Field Education Self-care and Resources

- **Student Advocacy Center** (<http://advocacy.osu.edu/>) – advocacy@osu.edu – 614-292-1111
 - Provides academic, financial, health, and personal crisis assistance.
 - Helps coordinate the response for student who is experiencing a situation impacting multiple areas of their life and student experience. Refer to links on left side of home page.
- **Counseling and Consultation (CCS)** (<http://www.ccs.osu.edu/>) – sl-ccs@osu.edu – 614-292-5766
 - Can contact via phone for immediate assistance Monday-Friday 9am-4pm
 - Offers individual counseling – Students receive 10 free sessions per academic year
 - Offers many groups – some require screening (<http://www.ccs.ohio-state.edu/groups/>)
 - Offers a number of free drop-in workshops. No registration is necessary, no prior appointment is needed (<http://www.ccs.osu.edu/groups/drop-in-workshops/>).
 - Offers a “Let’s Talk” program that offers free drop-in informal consultations on a first-come, first-served basis. (<http://www.ccs.osu.edu/about-us-and-our-services/lets-talk/>).
 - For self-care/self-help resources for many concerns (<http://www.ccs.osu.edu/self-help/>)
 - OSUCCS App with stress busting and happiness hacks (Google Play store, iTunes)
- **Disability Services** (<http://ods.osu.edu/>) – slds@osu.edu – 614-292-3307; VRS 614-429-1334
 - Collaborates with and empowers students who have disabilities in order to coordinate support services and programs that enable equal access to an education and university life.
- **Student Wellness** (<http://swc.osu.edu/>) – wellness@osu.edu – 614-292-4527
 - Alcohol, Tobacco and Other Drug Concerns and/or Recovery Support (<http://swc.osu.edu/alcohol-tobacco-other-drugs/>)
 - Financial Education and Coaching - peer coaching available (<http://swc.osu.edu/financial-education-coaching/>)
 - Nutrition, physical activity, and body image/eating disorders (<http://swc.osu.edu/nutrition-fitness-body-image/>)
 - Sex & Relationships including STD testing (<http://swc.osu.edu/sex-relationships/>)
 - Wellness Coaching (<http://swc.osu.edu/wellness-initiatives/wellness-coaching/>)
 - Free service in which coaches focus on strengths and use the 9 Dimensions of Wellness model as a framework for generating goals meaningful for the student.
- **Student Legal Services** (<http://studentlegal.osu.edu/>) – studentlegal@osu.edu – 614-247-5853
 - Provides legal services (advice, representation, education and resources_ to eligible OSU students (Columbus campus only) in various areas of law including: landlord/tenant disputes, traffic offenses, criminal misdemeanors, domestic matters, contract review.
- **Student First Fund** through the College of Social Work
 - Intended for one-time financial assistance
 - Students contact BSSW or MSW Program Director for how to access these funds.
- **Self-care Starter Kit** from The University of Buffalo’s School of Social Work has information about burnout/self-care: <http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>.



| Event or Concern | Resource |
|---|--|
| Have experienced sexual assault | <p>Campus Resource: Sexual Violence Support Coordinator; (614) 292-1111 Student Advocacy Center 1120 Lincoln Tower</p> <p>Community Resource: SARNCO 24/7 hotline – 614-267-7020 Sexual Assault Response Network of Central Ohio</p> |
| For a life crisis (family death, student illness/injury) that may impact several areas of student life (changes to assignment deadlines, potential need to withdraw from classes, understanding impact of class changes on financial aid) | Student Advocacy Center |
| Need food assistance | See Food Access Resource Guide on college website under Field Resources & Downloads See Food Pantry guide available on CCS website |
| Homeless or facing eviction | See list of Housing resources available on CCS website |
| For immediate mental health support services | <p>Monday-Friday 9am-5pm: Call Counseling and Consultation at 614-292-5766 to speak with urgent counselors</p> <p>Any other hours: Call Net Care Access at 614-276-CARE (2273) or go to the nearest ER</p> |
| For individual mental health support services | Call CCS for a Screening Appointment |
| For help managing anxiety, stress, depression, feelings of not fitting in, sexual orientation, grief, or other personal concerns (not rising to the level of needing individual psychological assistance) | See list of groups available from CCS; |
| For help returning to campus after a hospitalization | Care Manager program at CCS |
| For assessment and exploration of potential alcohol and marijuana abuse issues | Student Wellness BASICS/CASICS program ; |
| For addiction recovery support meetings. | Student Wellness: Campus Recovery Community Community Recovery Support Meetings |
| For questions about tuition, fees, or financial aid | Student Service Center ; 614-292-0300; ssc@osu.edu |
| For financial stress or concerns | Student Wellness – Financial Education Coaching |
| Immediate need for one-time financial assistance | College of Social Work Student First Fund – contact the BSSW or MSW Program Director |
| For disputes with a landlord, needing a review of a lease, or representation for a traffic offense | Student Legal Services |