



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 9 a.m. - 4 p.m.
 - Offers individual counseling – Students receive 10 free sessions per academic year
 - Offers many groups – some require screening (<https://ccs.osu.edu/groups/>)
 - Offers a number of free drop-in workshops. No registration is necessary, no prior appointment is needed (<https://ccs.osu.edu/drop-in-workshops/>).
 - Offers a “Let’s Talk” program that offers free drop-in informal consultations on a first-come, first-served basis. (<https://ccs.osu.edu/about-us-and-our-services/lets-talk/>).
 - For self-care/self-help resources for many concerns (<https://ccs.osu.edu/self-help/>)
 - OSUCCS App with stress busting and happiness hacks (Google Play store and iTunes)
- **Disability Services** (<https://slds.osu.edu/>) – slds@osu.edu – 614-292-3307; VRS 614-500-4445
 - 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.
 - Can assist with exam or quiz accommodations (slds-exam@osu.edu)
- **Student Wellness** (<http://swc.osu.edu/>) – wellness@osu.edu – 614-292-4527
 - Alcohol, Tobacco and Other Drug Prevention (<https://swc.osu.edu/services/alcohol-tobacco-and-other-drug-prevention/>)
 - Recovery Support (<https://swc.osu.edu/services/collegiate-recovery-community/>)
 - Financial Education and Coaching (<https://swc.osu.edu/services/financial-education/>)
 - Nutrition, physical activity and body image/eating disorders (<https://swc.osu.edu/services/nutrition-education/>)
 - Sexual Health, including STD testing (<https://swc.osu.edu/services/sexual-health/>)
 - Relationship Education and Violence Prevention (<https://swc.osu.edu/services/relationship-education-and-violence-prevention/>)
 - Wellness Coaching: (<https://swc.osu.edu/services/wellness-coaching/>)
 - Free service in which coaches focus on strengths and use the Nine 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. These include landlord/tenant disputes, traffic offenses, criminal misdemeanors, domestic matters, contract review and more.
- **Student First Fund** through the College of Social Work

Self-care and Resources

- 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	Campus Resource: Student Advocacy Center (614) 292-1111 https://advocacy.osu.edu/ Community Resource: SARNCO 24/7 hotline – 614-267-7020 Sexual Assault Response Network of Central Ohio
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, etc.)	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
For immediate mental health support services	Monday-Friday 9 a.m. - 4 p.m.: Call Counseling and Consultation at 614-292-5766 to speak with urgent counselors Any other hours: Call Net Care Access at 614-276-CARE (2273) or go to the nearest ER
Homeless or facing eviction	See list of Housing resources available on CCS website
For addiction recovery support meetings	Collegiate Recovery Community
For questions about tuition, fees or financial aid	BuckeyeLink ; 614-292-0300; buckeyelink@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 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 disputes with a landlord, needing a review of a lease or representation for a traffic offense	Student Legal Services