

# Everyone needs help sometimes

Mental Health and Wellness is important! Help yourself or another Buckeye by taking this sheet.

## Crisis Lines / Hotlines

### Call 911

If you or someone you know is in immediate danger, please call 911

### Suicide Prevention Hotlines

**Columbus Hotline:** (614) 221-5445

**National Hotline:** (800) 273-8255

**LGBT (Trevor Project):** (866) 488-7386  
or text: "START" to 678-678

### Crisis Text Line

Crisis Text Line provides free, 24/7 mental health support via text message. Crisis doesn't just mean thinking about ending your own life. It's any painful emotion and anytime you need support. A live, trained Crisis Counselor receives the text and responds. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. This free line will not show up on your phone bill, so this is confidential.

**Text: "HOME" to 741741**  
**crisistextline.org**

### National Helpline - Mental Health

This is a warmline that can be called 24/7, 365 days a year. It is free. This line aims to connect you with local resources to help with mental health or substance abuse.

**1-800-662-HELP (4357)**

## Need to talk?

### Buckeye Peer Access Line

Buckeye PAL operates weekdays from 8 p.m. to midnight when classes are in session during fall and spring semesters. Call 614-514-3333. The Buckeye Peer Access Line (PAL) is a non-emergency talk line that provides a space for students to engage in brief phone conversations for support and to learn about campus resources.

#### Common conversation topics with Buckeye PAL include:

- Adjusting to college and university life
- Balancing stress management
- Managing platonic, romantic and family relationships
- Feeling pressure to succeed
- Navigating personal and social identities

**(614) 514-3333**

## Mental Health Resources

### Counseling and Consultation Services

**(614) 292-5766**

After-Hours Crisis Consultation (evenings, weekends, and holidays): **(614) 292-5766 (press 2)**

**ccs.osu.edu/services/schedule-an-appointment**  
(located in the Younkin Success Center on Neil Ave.)

CCS is more than just one-on-one counseling sessions. You may be referred to group therapy or directed to other resources. Students with the most urgent needs are seen first. If you are looking for ongoing, regularly scheduled, one-on-one therapy sessions, try searching the CCS Community Provider Database ([ccs.osu.edu/cpd](http://ccs.osu.edu/cpd)), or consider another resource on this flyer.

#### A few local counselors are:

- *Holistic Consultation:* **(614) 607-0980**
- *Keller Counseling:* **(614) 869-4816**
- *Providers for Healthy Living:* **(614) 664-3595** (not on OSU database anymore but can still find online)

### Let's Talk OSU

FREE and CONFIDENTIAL drop-in informal mental health consultations. 15-20 minute consultation with a trained CCS counselor. Let's Talk sessions are available Monday through Friday, from 3 - 5 p.m via Zoom. It's a great option for students who may not need traditional counseling, but who could benefit from one-on-one support and consultation.

**<https://ccs.osu.edu/services/on-demand-services/lets-talk-consultations>**

### Drop-In Workshops from CCS

CCS offers a number of free, drop-in-when-you-are-able workshops. No registration is necessary, no prior appointment is needed.

#### Weekly topics include:

- Beating Anxiety
- The Art of Allowing: Letting Go of Perfectionism
- Surviving College 102
- Building Mastery
- Food, Exercise, and Sleep Strategies for Mental Health
- Creativity and Connection
- Mental Health Navigation
- Connecting and bonding during COVID

**[ccs.osu.edu/drop-in-workshops/](http://ccs.osu.edu/drop-in-workshops/)**

### OSU Psychological Services Center

The Psychological Services Center (PSC) provides evidence based psychological treatments for a range of issues, including: *Depression / Anxiety, Coping with Chronic Medical Conditions, and OCD / Personality Disorders.*

Services are FREE for adults in Central Ohio. Therapists are advanced students in OSU's Clinical Psychology Doctoral Program. Supervision and training is provided by licensed psychologists in the Department of Psychology.

**(614) 292-2345**  
Email: **[psc@psy.ohio-state.edu](mailto:psc@psy.ohio-state.edu)**

# Academic Help

## Academic Coaching

The Dennis Learning Center offers free one-on-one appointments for Ohio State students. Trained in learning and motivation strategies, Academic Coaches help undergraduate, graduate, and professional students examine academic strengths and weaknesses and develop strategies that lead to success.

### Academic coaches can help you:

- Reduce procrastination to stay on track with goals
- Build effective and efficient study methods
- Become a confident and resilient student
- Build and maintain motivation for studying
- Improve time management skills
- Overcome test anxiety, and more.

[dennislearningcenter.osu.edu/free-appointments/](https://dennislearningcenter.osu.edu/free-appointments/)

## Learning Workshops

*The Dennis Learning Center offers a variety of interactive workshops on specific topics to help Ohio State students reach academic success.*

- Learn real-life strategies based in theory and empirical evidence from educational psychology and related fields
- Facilitated by friendly and relatable Academic Coaches and DLC staff
- Most workshops are 45 minutes, but can be adjusted by request
- Virtual presentation via CarmenZoom to large or small groups with interactive discussions and activities designed to keep everyone engaged and learning

<https://dennislearningcenter.osu.edu/workshops/>

## Student Advocacy

If you are going through a health or personal crisis, Student Advocacy will work to connect you with other resources, advise you on how to manage your condition in relation to school, and offer whatever support they can provide. Their goal is to ensure that you effectively balance your own health and wellbeing with the academic demands of Ohio State.

[advocacy.osu.edu/online-assistance-request/](https://advocacy.osu.edu/online-assistance-request/)

# Food/Financial Insecurity

## Emergency Financial Assistance

The Ohio State University provides emergency financial assistance to students who may otherwise be at risk of dropping out of college due to an unexpected financial emergency. Student Advocacy is accepting applications and may award up to \$1,000 to eligible students.

[advocacy.osu.edu/emergency-financial-assistance/](https://advocacy.osu.edu/emergency-financial-assistance/)

## Buckeye Food Alliance

The Buckeye Food Alliance is an on-campus food pantry, run by students for students. The Buckeye Food Alliance strives to provide access to healthy food for students to alleviate food insecurity at Ohio State. This service is open to all Ohio State students. To learn more about the Buckeye Food Alliance and see when they are open visit

[buckeyefoodalliance.org](https://buckeyefoodalliance.org)

or contact Nick Fowler at [fowler.318@osu.edu](mailto:fowler.318@osu.edu)

# Wellness

## OSU Wellness Coaching

Wellness coaches take a positive approach to personal development, focusing on your strengths and using the Nine Dimensions of Wellness model as a framework for generating goals that are meaningful for you.

[swc.osu.edu/services/wellness-coaching/](https://swc.osu.edu/services/wellness-coaching/)

## OSU Wellness App

Find resources, connect to support, set goals and build healthy habits. The Ohio State Wellness app supports your mental health and well-being on campus. Whether you're looking to find resources for yourself or someone you care about, the Wellness app is a great place to start.

[it.osu.edu/ohio-state-app-suite](https://it.osu.edu/ohio-state-app-suite)

## Give Kudos

Let someone know you appreciate them by sending them kudos, provided by the Office of Student Life [kind.osu.edu/kudos](https://kind.osu.edu/kudos)

## Emotional Health Questions and Answers

### Go Ask Alice:

[goaskalice.columbia.edu/category/emotional-health](https://goaskalice.columbia.edu/category/emotional-health)

ULifeline: [ulifeline.org](https://ulifeline.org)

### Self Care Tips

134 things to add to your self care routine: [goodtherapy.org/blog/134-activities-to-add-to-your-self-care-plan/](https://goodtherapy.org/blog/134-activities-to-add-to-your-self-care-plan/)

**Feeling burnt out?** Take a break. Take a nap. Read a book. Call a friend. Do something from the self care tips list above. Eat a dessert. Watch your favorite TV show. Go for a walk. Spend time in nature. Do something for yourself!

**Experiencing "Hangxiety?"** Consider cutting back on alcohol if you feel worse every time you drink too much -- try making a "mocktail."

**Need to relieve stress?** Try a virtual exercise class offered by RPAC: [recsports.osu.edu/programs/fitness-and-wellness/group-fitness-online](https://recsports.osu.edu/programs/fitness-and-wellness/group-fitness-online)