

# Well- NEWSLETTER



November, 2009

## EVENTS

### **It's Abuse. Meeting**

Tuesday, November 3, 5:30pm  
RPAC Meeting Room 2

### **Students in Recovery Coffee Chat**

Wednesday, November 4, 10:00am  
RPAC Atrium (in front of fireplace)

### **Wellness Workshop: CHOICES about Alcohol**

Monday, November 16, 6:30 - 7:30pm  
Hagerty Hall 180

### **Walk-in HIV Antibody Testing**

Tuesday, November 10, 12-6pm  
Hale Center

Wednesday, November 18, 5:00-8pm  
Derby Hall

### **Wellness Workshop: Safe, Sane and Sexy**

Monday, November 30, 6:30 - 7:30pm  
Hagerty Hall 180

## Great American Smokeout: Thursday, November 19

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society's Great American Smokeout by smoking less or quitting for the day. This year's Smokeout will take place on Thursday, November 19. The OSU Student Wellness Center encourages students to quit their tobacco use for the day in observance of the Great American Smokeout. Here are some tips to help with quitting:

### **Delay**

Sometimes that craving hits and you think you have to have that smoke right away. If you can tell yourself to delay that cigarette for just 10 minutes, the craving will likely pass.

### **Drink Water**

Put something else in your body while you are delaying that smoke. Carry a water bottle with you and take a sip whenever the urge starts to hit.

### **Do Something Else**

Find something else to keep your mind busy so you stop thinking about those cigarettes. Exercise or schoolwork are both great distractions.

### **Deep Breathing**

Stop and take a deep breath of fresh air. Count to 5 as you slowly breathe in, hold it, and count to 5 as you slowly breathe out.

The Student Wellness Center can also provide you with some great resources and support.

## Finances got you down?

The National College Health Assessment reports that finances are the second leading cause of stress for college students in America. Are your finances getting in the way of a successful academic quarter?

The Student Wellness Center offers free and confidential financial counseling sessions to currently enrolled students. Students can meet with a trained financial educator to discuss anything from budgeting and credit cards to student loans and investing. Call (614) 292-4527 today to set up your appointment today.

## Find us on Facebook

The Student Wellness Center is now on Facebook! Find us on Facebook and become a fan for daily updates on our services, programs, and areas of expertise. Additionally, you will find new and exciting articles, links and statistics related to all areas of wellness. Each day, we will feature a different area; Sexual Wellness, Nutrition, Financial Wellness, Sexual Violence Education and Support, Alcohol and Other Drugs, and It's Abuse.

To stay up to date with everything the Student Wellness Center has to offer, become a fan of "Ohio State Student Wellness Center" today!

# Living with addiction: Recovery at Ohio State

Students who are living with an addiction are invited to join us on Friday afternoons for a time of support and community building. We will be meeting on Friday afternoons from 12:30 - 2:00pm at the Student Wellness Center. These gatherings will be informal opportunities to meet up with other students who are in recovery and to begin to form an Ohio State student recovery community.

Although these are informal gatherings, students will have the chance to hear about 12-step meetings near

campus and are encouraged to attend meetings with other Ohio State students. We will also discuss future educational workshops, leadership and community service opportunities, as well as social programs for the upcoming academic year. Students are welcome to bring a lunch and to simply stop-by the meetings as their schedule allows. Please contact Katharine Stough at [kstough@studentlife.osu.edu](mailto:kstough@studentlife.osu.edu) or 292-4527 for more information about these gatherings. It's an exciting time for this new program and we'd love to have you join us!

FINANCIAL ASSISTANCE FOR STUDENTS WHO HAVE EXPERIENCED SEXUAL ASSAULT, INTIMATE PARTNER ABUSE, AND STALKING

## Sexual Violence Assistance Fund

### For Ohio State Students

Funding applications are available for current Ohio State students to assist with expenses related to sexual assault, intimate partner abuse, and stalking.

For more information and to learn how to apply, contact the Student Wellness Center's Sexual Violence and Education team at:

**614-292-4527**  
**sves@osu.edu**  
**www.swc.osu.edu**

Ohio State's Office of Student Life works to provide a safe and healthy environment for students on campus and in the surrounding community. When instances of sexual assault, relationship abuse, or stalking occur, we support those affected through the following programs and services:

**Counseling and Consultation Service**  
292-5766  
[ccs@studentlife.osu.edu](mailto:ccs@studentlife.osu.edu)

**Disability Services**  
292-3307  
[ads@studentlife.osu.edu](mailto:ads@studentlife.osu.edu)

**Multicultural Center**  
686-8443  
[mcc@studentlife.osu.edu](mailto:mcc@studentlife.osu.edu)

**Off-Campus Student Services**  
292-0100  
[ocss@studentlife.osu.edu](mailto:ocss@studentlife.osu.edu)

**Office of International Affairs**  
292-6101  
[ois@osu.edu](mailto:ois@osu.edu)

**Ohio State University Police**  
292-2121  
[police@osu.edu](mailto:police@osu.edu)

**Sorority and Fraternity Life**  
247-8609  
[http://ohiounion.osu.edu/greek\\_life/](http://ohiounion.osu.edu/greek_life/)

**Student Advocacy Center**  
292-1111  
[advocacy@osu.edu](mailto:advocacy@osu.edu)

**Student Housing Legal Clinic**  
247-5853  
[shlc@osu.edu](mailto:shlc@osu.edu)

**Student Judicial Affairs**  
292-0748  
[sja@studentlife.osu.edu](mailto:sja@studentlife.osu.edu)

**Student Wellness Center, Sexual Violence Education and Support**  
292-4527  
[sves@osu.edu](mailto:sves@osu.edu)

**University Housing, Residence Hall Directors**  
292-3266  
[housing@osu.edu](mailto:housing@osu.edu)

**Wilce Student Health Center**  
292-4321  
[shs@osu.edu](mailto:shs@osu.edu)

\*Funding is not guaranteed; eligibility for funds is determined on a case-by-case basis. Up to \$500 is available per case to cover costs including but not limited to replacement items, uncovered and documented medical expenses, emergency housing and other associated costs.

Thanks to the following organizations for their support: Sexual Violence Committee, Womyn and Allies Rising in Resistance, Student Support for Survivors, and all other groups and individuals who have helped.

Brought to you by The Office of Student Life, in partnership with Undergraduate Student Government (USG)

