

## OFFICE OF STUDENT LIFE

# Student Wellness Center

We know how important it is to get help when you need it and with the resources available at Ohio State, there is something you can do to promote positive mental health and well-being every day, 24/7.

If you have a concern that is urgent or an emergency, please [seek immediate assistance](#). After-hours support is available by calling 614-292-5766; press #2 to be connected to a counselor in the evening, overnight or during the weekend.

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## CONFIDENTIAL RESOURCES

### Counseling and Consultation Service

CCS provides confidential individual and group mental health services, psychoeducational prevention and outreach programming to currently enrolled undergraduate, graduate and professional students.

### Let's Talk

**Let's Talk** is a sub-service of Counseling and Consultation Service (CCS) and provides 15- to 20-minute informal sessions with a counselor. It's FREE and CONFIDENTIAL and open to all currently registered Ohio State students. It's a great option for students who may not need ongoing counseling, but who could benefit from one-on-one support and consultation.

### UWill

**UWill** provides free and confidential immediate access to teletherapy.



For more information, visit [go.osu.edu/ondemand](https://go.osu.edu/ondemand)



## SELF-GUIDED RESOURCES

### ScreenU

**ScreenU Alcohol, ScreenU Prescription Drugs (Rx) and ScreenU Cannabis** are free, confidential, risk assessments based on evidence-based strategies called SBIRT (Screening, Brief Intervention and Referral to Treatment). ScreenU is very brief (three to five minutes to complete on a computer, laptop or mobile device) and offers immediate, personalized feedback.

### eCHECKUP

The **eCHECKUP - Alcohol** and the **eCHECKUP - Cannabis** are interactive web surveys that allow college and university students to enter information about their substance use patterns and receive feedback about their use. The assessment takes about ten minutes to complete, is self-guided and requires no face-to-face contact time with a counselor or administrator.

### iGrad

**iGrad** is an online interactive financial literacy tool for students to learn about money management, loans and navigation of life after graduation.

### Wellness Assessment

**The Wellness Assessment** supports the mission of Student Life, which aims to promote wellness among Ohio State students and their communities. This in-depth survey is designed to measure the Ten Dimensions of Wellness to give students a better understanding of their own wellness and to provide them with resources that they can utilize at Ohio State to improve their wellness.



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## OTHER HELPFUL RESOURCES

### Wellness Coaching

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

### Coping with Current Events

**Coping with Current Events** offers resources that can be accessed to support individuals and groups.

### Student Advocacy

**The Student Life Student Advocacy Center** is committed to helping students navigate Ohio State's structure and to resolving issues that they encounter at the university. Their purpose is to empower students to overcome obstacles to their growth both inside and outside the classroom.

