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Supporting Overall Mental Health & Well-being

10 Dimensions of Wellness

- Wellness is interconnected
- This means that focusing on any dimension can benefit your whole life.
 - Career
 - Creative
 - Digital
 - Emotional
 - Environmental
 - Financial
 - Intellectual
 - Physical
 - Social
 - Spiritual





A Range of Needs and Options



Multimodal resources for mental health-related concerns are provided to meet a student's need with a service that matches. Focus on providing a Culture of Care.



Multimodal Services Provided



- Brief Individual Counseling
- Group Counseling
- Psychiatry
- Relationship Counseling
- Outreach and Daily Drop In Workshops
- Crisis Support and Debriefing
- Community Referral & Linkage
- Drop-in consultation for students (Let's Talk)
- Consultation for Faculty, Staff and Loved Ones
- Urgent Appointments (by appointment)
- After Hours On-Call Support 24/7 614-292-5766, option 2



If Students are Experiencing...



Mild, Common and Developmental Concerns		
Homesickness	Test anxiety	
Not participating or regular disagreements	Adjustment to a new environment	
Mild changes in mood	Problems making friends	
Feelings of being overwhelmed	Friction with an instructor	
Procrastination	Being excluded	



Resources



CCS Workshops	Ohio State App – Wellness Icon
Dennis Learning Center	Psych Bytes Podcast
Emotional Fitness Blog	Recreation Sports / Group Fitness
Let's Talk	Wellness Coaching



If Students are Experiencing...



Moderate Concerns		
Excessive absences	Withdrawing from friends and family	
Significant increase or decrease in sleep/appetite	Frequent crying spells	
Increase in use of drugs and/or alcohol	Problems making friends	
Panic attacks	Anxiety or mood changes significantly interfering with life	
Not taking care of self/neglecting personal hygiene	Ongoing interpersonal problems	



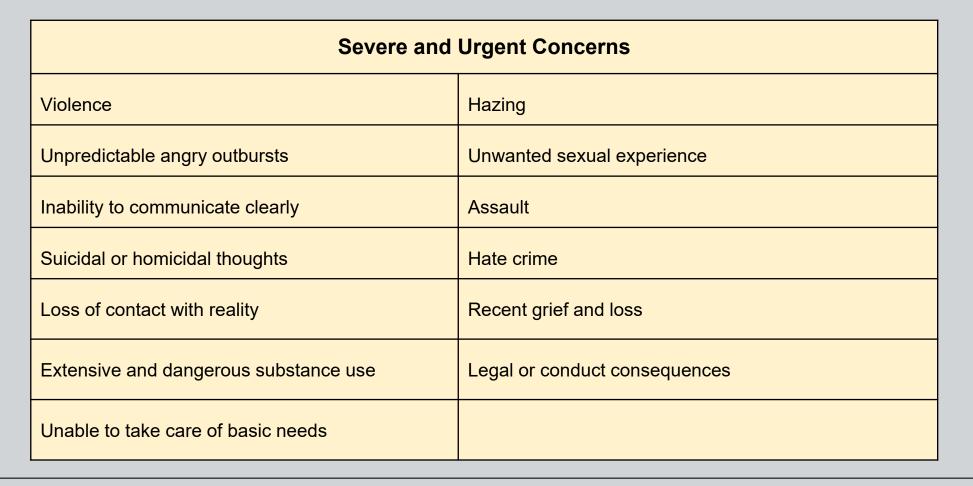
Resources



Student Life CCS (phone consultation)	Student Life Student Advocacy Center
Psychological Services Center	Student Life Disability Services
Ohio State Couple and Family Therapy Clinic	Ohio State Harding Hospital
Student Life Student Health Services	Community Provider Database



If Students are Experiencing...







Resources



Ohio State Wexner Medical Center Emergency Department

Ohio State Police Department (614-292-2121)

Suicide Prevention Lifeline 988

Text 4hope to 741741

Counseling and Consultation Service provides crisis consultation for students (614-292-5766)

- ✓ Urgent screening at CCS by appointment
- ✓ If calling outside regular office hours, press "2" to be connected to a counselor



Drop-In Workshops 2021-2022 to 2022-2023



- Number of workshops offered increased by
 26%
- Number of overall participants increased by
 38%
- Average number of participants per workshop increased by
 10%



CCS Embedded Clinicians

Embedded Clinicians:

College of Arts and Sciences

College of Dentistry

College of Engineering

College of Food, Agricultural, and Environmental Sciences

College of Nursing

College of Optometry

College of Pharmacy

College of Public Health

College of Social Work

Fisher College of Business

Moritz College of Law

Office of Diversity and Inclusion

Student Life Housing and Residence Education

Student Life Student Health Services

Student Life Center for Belonging and Social Change

Find more information and next steps about embedded counselors at go.osu.edu/
EmbeddedCounselorProgram



OFFICE OF STUDENT LIFE Counseling and Consultation Service







House Bill 33



- Provides 2.5M across 2 years to support mental health
- Expanding mental health support
 - UWILL
 - Welltrack Boost
 - BioFeeback Equipment
 - Mental Health emergency funds
 - 3 GAA appointments
 - Buckeye Resource Center Support
 - Org Wellness Ambassador Program
 - Student Employee Experience Wellness Program



Questions and Engaged Discussion

