

Student Mental Health & Well-being

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THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE



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...



Severe and Urgent Concerns	
Violence	Hazing
Unpredictable angry outbursts	Unwanted sexual experience
Inability to communicate clearly	Assault
Suicidal or homicidal thoughts	Hate crime
Loss of contact with reality	Recent grief and loss
Extensive and dangerous substance use	Legal or conduct consequences
Unable to take care of basic needs	



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) <ul style="list-style-type: none">✓ 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

Year	2021-2022	2022-2023
# of Workshops	131	165
# of Participants	3403	4703
Avg Participants	25.98	28.50

- 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](https://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
 - BioFeedback 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

