

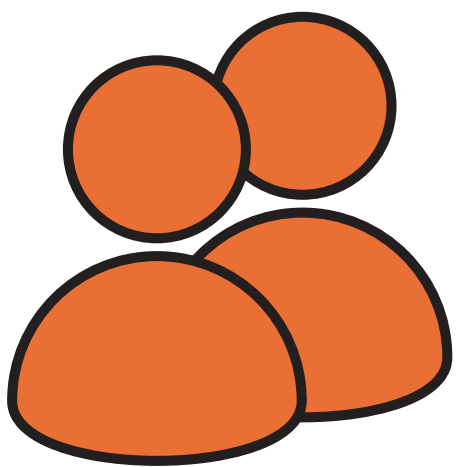
YOU HAVE OPTIONS



OSU CHS Department of Wellness

The Department of Wellness provides preventative health programs and services to residents by providing a wide spectrum of services ranging from system-wide initiatives to individual chats about personal wellness.

chs.wellness@okstate.edu



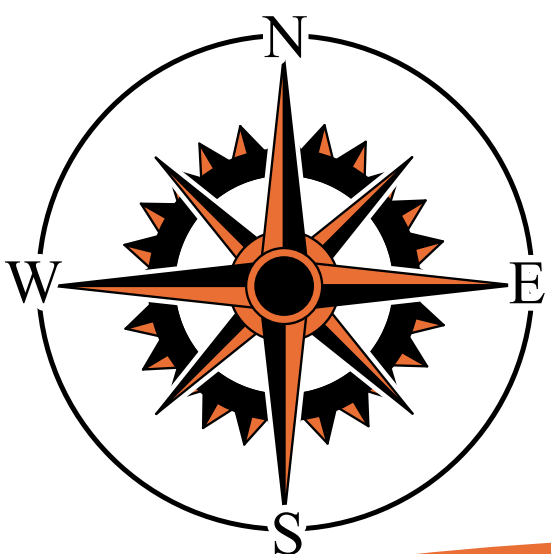
OSU CHS Counseling Services / 918-561-1822

One-on-one confidential counseling sessions located on campus for students. Appointments (office or telehealth) made at <https://chscounselingservices.as.me>.



Crisis Text Line

Text HELLO to 741741 to receive help today. The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text.



Guidance Resources / 866-519-8354

Guidance Resources offers solutions to work life integration, 24/7 phone counseling, and access to 10 FREE in person counseling sessions in your area. guidanceresources.com / Resident Web ID: OKSTATESAP

Wellness Wednesday Series

Each semester, the Department of Wellness hosts quarterly educational sessions on building resilience.

ADDITIONAL RESOURCES

OSU-Tulsa Counseling Center / 918-594-8568 Main Hall 2419

The OSU Tulsa Counseling Center is available to see residents for 5 free sessions. Additional sessions are \$10 per session.

COPEs / 918-744-4800

Community Outreach Psychiatric Emergency Services is a confidential and free crisis intervention program for people in the Tulsa County area.

Safety Escort Program / 918-625-8592

Officers are campus and available 24/7 to escort residents to their vehicle or to another campus location.

Title IX / 918-594-8105

All forms of sexual harassment including sexual violence should be reported, no matter the severity.

Victim Advocate / 918-200-5218

A confidential way to report forms of sexual harassment including sexual violence and to receive resources that are available. The Victim Advocate will have to report the incident, without identifiable information.

Campus Security

Security Officers are on site 24/7 for your safety.

Additional Contacts

National Suicide Prevention Lifeline / 800-273-8255

Narcotics Anonymous / 918-747-0017

Mental Health Association / 918-585-1213

Alcoholics Anonymous / 918-627-2224

Sexual Violence Crisis Line / 918-743-5763

Oklahoma Mental Health & Substance Abuse Crisis Line / 800-566-1343