# YOU HAVE OPTIONS





## University Counseling Services

One-on-one confidential counseling sessions located on campus for students. Appointments made at 918-561-1822 or

medicine.okstate.edu/resident-wellness/mental-health-resources



## Wellness Support Team

The Wellness Support Team (WST) is able to quickly triage students, residents, and employees, utilize diffusing techniques, and provide immediate assistance by offering helpful resources and arranging plans for support through a time of need.

To submit a care report, go to

medicine.okstate.edu/resident-wellness/mental-health-resources

## Community Care EAP

The Community Care EAP provides confidential assessment and referral for you and your family, whether the problem is related to family, marital, relationships, separation, divorce, drugs, alcohol, mental, emotional, financial, or any other area causing concern. To get more information, go to medicine.okstate.edu/resident-wellness/mental-health-resources

or call 918-594-5232 or 1-800-221-3976.