

The Ohio State University Wellness Resource Guide

Brought to you by the Office of Student Life's Student Wellness Center



**THE OHIO STATE
UNIVERSITY**

OFFICE OF STUDENT LIFE

Table of Contents:

3	How to use this Guide
4	Holistic Wellness Resources
5	Emergency Resources
6	Diversity, Equity and Inclusion Resources
8	Career Wellness Resources
9	Creative Wellness Resources
11	Emotional Wellness / Mental Health Resources
14	Environmental Wellness Resources
16	Financial Wellness Resources
18	Intellectual Wellness Resources
20	Physical Wellness Resources
22	Social Wellness Resources
23	Spiritual Wellness Resources



How to use this Guide:

Welcome to The Ohio State University Student Wellness Resource Guide! In this document you will find on-campus resources for undergraduate, graduate and professional students, relating to the nine dimensions of wellness, emergency response and diversity, equity and inclusion. Resources are listed below in sections and in alphabetical order. Additionally, the title of each resource is linked to their webpage and includes a brief description with contact information (if applicable).

We encourage you to familiarize yourself with the resources that are offered on our campus and listed in this document. To quickly search this document, use the “Ctrl + F” feature and type in key search words to easily locate the correct resource. Additionally, if you would like to quickly jump through each of the different sections, the “Table of Contents” is equipped with internal document navigation.

Ohio State is a resource rich institution with many of our resources falling into multiple categories. To condense the information offered here, all resources are only listed once in the document. However, they may apply to multiple dimensions of wellness.

Finally, we are happy you are here and hope that you not only learn more about what our campus has to offer but also assist our students in connecting to valuable resources!

-The Student Life Student Wellness Center Team | wellness@osu.edu

Holistic Wellness Resources:

The Be Well Blog

The Be Well Blog is a collection of articles written and managed by the Student Life Student Wellness Center. With new posts shared frequently, the Be Well Blog serves as a resource to raise awareness and provide education on holistic well-being and student success.

Health and Wellness at Ohio State

Ohio State's page for health and wellness related resources for students, staff, patients and the community. Visit for physical wellness focused resources for students, health plan related information for staff and faculty and Wexner Medical Center information for the community.

Ohio State: Wellness App

The Wellness App is designed to help students, faculty and staff find resources, connect to support, set goals and build healthy habits.

Student Life Student Wellness Center

The Student Life Student Wellness Center serves to promote student success through a holistic wellness model. The Student Wellness Center embraces the nine dimensions of wellness and incorporates these dimensions into all services and outreach. The Student Wellness Center offers one-on-one coaching, group programs, presentations, campus-wide events and consulting on wellness programs for students. Multiple Student Wellness Center services are highlighted throughout this document, and for the most up to date and comprehensive list, please visit the Student Wellness Center website.

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 available year round and addresses the nine dimensions of wellness, allowing students to learn more about their overall well-being and the wellness resources available to them. The assessment takes less than 10 minutes to complete and all results are private.

Emergency Resources

If you or someone you know are in an imminent danger to themselves or someone else, go to the emergency department or call 9-1-1.

Columbus Emergency Phone Number - 9-1-1

The Ohio State University Police Department (OSUPD) - 614-292-2121

If you are thinking about harming yourself or if you are worried about someone else and need advice about what to do, call the suicide prevention lifeline at **614-221-5445** or **800-273-8255** or reach the Crisis Text Line by texting 4hope to 741741.

Crisis Text Line - 741741

Suicide Hotline - 800-273-8255

Drug and Alcohol Addiction Treatment Services

The Ohio State University Wexner Medical Center offers a highly trained team of addiction specialist to address both the psychological and physical effects of addiction. Treatment options include inpatient detoxification, partial hospitalization, an intensive inpatient and an outpatient program. To schedule an assessment call **614-257-3760**.

Ohio Health SARNCO

24-hour Sexual Assault Helpline: 614-267-7020 or 844-OHIO-HELP

The Sexual Assault Response Network of Central Ohio (SARNCO) provides advocacy and emotional support services both in the Central Ohio community and at The Ohio State University's Columbus campus. SARNCO advocates provide students, staff and faculty confidentiality, safety planning, crisis response and connection to resources through one-on-one support appointments that can be scheduled by calling **614-688-2518**.

Project DAWN and Ohio State

Ohio State students, faculty and staff are eligible to receive a free Narcan Naloxone kit and training through the Project DAWN program. Whether you are caring for a patient that uses opioids to manage pain or know someone with an opioid addiction, getting trained and picking up a kit can help save a life. Visit the website to learn more about training and pick up location options.

Stress, Trauma and Resilience Program (STAR)

The dedicated team of the STAR program provides identification, education and treatment of those who have survived trauma and the people who support them. Their Trauma Recovery Center uses a variety of evidence-based therapies that have been shown to help survivors learn how to recognize and cope with symptoms, and to navigate the healing process. Treatment is personalized according to the individual's unique trauma experience. Their staff includes physicians, licensed social workers, clinical counselors, case managers, psychiatrists, nurses and other professionals who coordinate internal and community resources to help navigate recovery. To schedule an appointment call **614-293-7827** or email **STARTraumaRecoveryCenter@osumc.edu**.

Student Legal Services

Student Legal Services (SLS) is a non-profit law office that provides confidential legal advice, representation, education and resources to Ohio State students. Legal issues covered include off-campus housing, criminal misdemeanors, identity theft, traffic offenses, credit, debt, victim's assistance, contract review and drafting, dissolutions, wills and advance directives, notary and much more. If a student is unsure whether an issue is covered by SLS services, the student should call **614-247-5853** or visit **studentlegal.osu.edu** to set up an appointment.

Diversity, Equity and Inclusion

The Bias Assessment and Response Team (BART)

Students, faculty and staff can report acts of bias as it relates to age, ancestry, color, disability, gender identity or expression, genetic information, HIV/AIDS status, military status, national origin, race, religion, sex, sexual orientation or veteran status. While these acts do not necessarily rise to the level of a crime, a violation of state law, university policy or the Student Code of Conduct, a bias act may contribute to creating an unsafe, negative or unwelcome environment for the victim; anyone who shares the same social identity as the victim and/or community members of the university. If you believe that you have experienced or witnessed bias in any way at Ohio State, you may contact BART to submit a report for investigation, equity@osu.edu.

Office of Diversity and Inclusion (ODI)

The Office of Diversity and Inclusion is dedicated to promoting diversity among Ohio State students, faculty and staff, supporting undergraduate, graduate and professional students as well as the pre-collegiate community. Their programs and services include: scholarship programs, Early Arrivals Program, international student support resources, Latinx Student Success, Leadership Initiatives for Women of Color (both undergraduate and graduate/professional), fellowship opportunities, retreats and workshops such as the dissertation boot camp. Additionally, ODI offers a variety of support resources related to diversity and racial justice for students, faculty and staff. To see a full list of their program offerings, visit their website and email all questions to odi@osu.edu.

Office of Institutional Equity

The Office of Institutional Equity exists to help the Ohio State community prevent and respond to all forms of harassment, discrimination and sexual misconduct. This centralized office houses the university's Americans with Disabilities Act (ADA), Affirmative Action and Equal Employment Opportunity (EEO), Protection of Minors and Title IX functions. Visit their website to learn more and to report harassment, discrimination or sexual misconduct. For additional questions call 614-247-5838 or email equity@osu.edu.

Office of University Compliance and Integrity

The Office of University Compliance and Integrity oversees compliance efforts across the university, including compliance in Research, the Medical Center, Athletics, Environmental Health and Safety, Information Security, Cleary Act reporting and the Ohio Public Records law. Their efforts are focused on integrating existing teams, developing needed processes and spearheading new initiatives through a centralized compliance function that will set the standard for higher education. To raise a question or concern, please email compliance-integrity@osu.edu. To make an anonymous report, visit their website to learn more about reportable offenses and complete the appropriate form.

Student Life Multicultural Center (MCC)

The Office of Student Life's Multicultural Center is dedicated to preparing students with the personal and interpersonal skills necessary to be successful in our diverse world. Their programs include: cultural and intercultural celebrations, heritage and awareness events, dialogues, workshops, student leadership and cohort meetings, prejudice-reduction trainings, mentorship programs, Social Justice Engagement courses and the Diversity, Intercultural and Engagement Certificate (DICE). The dedicated and supportive staff host hundreds of programs each year for students to attend, including requested programs for organizations, campus groups and departments. To see a full list of their program offerings visit their website and email all questions to sl-mccinfo@osu.edu.

Student Life Student Advocacy Center

The Student Life Student Advocacy Center is devoted to helping students navigate challenges and obstacles that may arise during their time at Ohio State. Staff members assist students with emergency funding in the event of an unexpected financial crisis that threatens their status as a student; applications and petitions regarding academic status, residency status and financial aid; offering assistance with physical and mental health conditions and help to establish effective communication between students and professors. For questions, to schedule an appointment, or to learn more about assistance options leave a voicemail at **614-292-1111**, or email, advocacy@osu.edu.

Career Wellness

The professionally well person engages in work to gain personal satisfaction and enrichment, consistent with values, goals and lifestyle.

Buckeye OnPACE Series

OnPACE is a series of self-guided career modules that can assist students in learning more about themselves and choosing majors/careers, applying to graduate school and preparing to enter the workforce. Module topics include but are not limited to managing stress, writing resumes, interview and job etiquette, considering grad school and more. For specific questions about the program email careerquestions@osu.edu.

Ohio State Alumni Association

The Alumni Association connects alumni to the university and fellow Buckeyes through programs, learning opportunities, alumni clubs and societies and [career guidance](#). Alumni can access exclusive resources including job search assistance, professional development programs, career growth resources and a job board. Visit their website for a full events calendar and, for questions about specific resources, email osuaa@osu.edu.

Student Life Buckeye Careers

Buckeye Careers is a Student Life department and university-wide initiative designed to support students throughout their professional development and career search with a focus on connecting them with local, national and global organizations. Services include career exploration and preparation, career and internship fairs, internships and experiential learning, their career platform [Handshake](#) and more. Email careerquestions@osu.edu to seek assistance and ask specific questions relating to their services.

Student Life Career Counseling and Support Services (CCSS)

Career Counseling and Support Services is a Student Life department that works to help students explore new majors and minors, career opportunities, graduate and professional schools, effective job/internship/company research strategies, entrepreneurship and careers involved in diversity and internationally based issues. Programs are designed to relieve stress and prepare students for decisions as they relate to their future career goals. Services include individual and group career counseling, career assessments, assistance with writing resumes and cover letters, networking tips, workshops, the Graduate and Professional School expo and more. Visit their website to learn about walk-in hours, and call **614-688-3898** to schedule an appointment.

Student Life Student Activities Leadership Development

The Student Activities Leadership Development team offers a variety of programs specifically focused on student leadership development for individuals and organizations. Programs include leadership retreats, requestable presentations, LeaderShape Catalyst and Institute, LEAD Workshop Series and the annual Leadership Week and Awards. Visit their website to learn more about involvement opportunities and to request programs.

Creative Wellness

The creatively well person values and actively participates in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.

Billy Ireland Cartoon Library and Museum

The Billy Ireland Cartoon Library and Museum houses the world's largest collection of materials related to cartoons and comics, including original art, books, magazines, journals, comic books, archival materials and newspaper comic strip pages and clippings. This library hosts a number of programs promoting the study and appreciation of cartoon art through educational exhibits, catalogs, seminars, panel discussions, workshops and conferences. Visit their website to learn more about volunteer opportunities, view their event's calendar and sign up for their mailing list.

D-Tix

Ohio State's Discount Ticket Program (D-Tix) offers tickets to Columbus-area shows, museums, concerts, sporting events and more at an exclusive rate. D-Tix is funded by the student activity fee and available to current Columbus Campus Ohio State undergraduate, graduate, and professional students. Visit their website to view a [full events calendar](#), purchase tickets and to suggest events.

Drake Performance and Event Center

The Drake Performance and Event Center is located near Lincoln and Morrill Towers along the Olentangy River. The Drake houses the Department of Theatre and hosts a variety of theatre and television productions, in addition to offering meeting, banquet and conference facilities. Visit their website to learn more about a [variety of involvement opportunities](#) and to view a full event's calendar.

The Lantern

The Lantern student newspaper offers a vibrant [Arts and Life section](#), highlighting events, movie and restaurant reviews and opportunities both on campus and in the Columbus community.

Urban Arts Space

Established in 2008, Urban Arts Space is a gallery and reciprocal learning space for students, faculty and staff of The Ohio State University, as well as the Columbus community at large. Located in downtown Columbus, the Urban Arts Space provides an extensive and diverse slate of exhibitions, educational programs, outreach and events, serves as a community resource and is an integral part of Columbus' vibrant arts and culture scene. All events and exhibitions are always free and open to the public. Visit their website for a full event's calendar and [opportunities to get involved](#).

Wexner Center for the Arts

The Wexner Center for the Arts is The Ohio State University's multidisciplinary, international laboratory for the exploration and advancement of contemporary art. Through exhibitions, screenings, performances, artist residencies and education programs, the Wexner Center acts as a forum where established and emerging artists can test ideas and where diverse audiences can participate in cultural experiences that enhance the understanding of the art of our time. Visit their website for a full event's calendar and [opportunities to get involved](#).

WOSU Public Media

WOSU Public Media has been serving Central Ohio since 1922. Through on-air content, community events, online content and educational resources, WOSU Public Media is the premiere public media station in Central Ohio. Visit their website to join their mailing list, view their event's calendar, tune into live radio and television and learn about [opportunities to get involved](#).

Emotional Wellness / Mental Health Resources

The emotionally well person can identify, express and manage the entire range of feelings and would consider seeking assistance to address areas of concern.

Community Provider Database

This is an online database provided by Counseling and Consultation Service (CCS) that allows students, staff and faculty to find mental health providers around the Columbus area. Community providers in the database can be sorted through a number of different criteria and personal preferences including gender, ethnicity, religion, sexuality, theoretical approach, competency, credentials, type of insurance and type of services provided.

The Couple and Family Therapy Clinic

The Couple and Family Therapy Clinic provides therapeutic services to couples, individuals, children and families. They focus on strengths and concerns of relationships and the individuals within these relationships. This facility conducts research in couple and family therapy and provides education and training for all levels of couple and family therapists. This clinic is available for all Ohio residents, including those who are both affiliated and not affiliated with the university. Fees associated with this service vary but there is a discount for Ohio State undergraduate students. Appointments can be scheduled by calling **614-292-3671**, or emailing cftclinic@osu.edu.

Military and Veteran Services

The Office of Military and Veteran Services provides support resources to current veterans, dependents and Active Duty, National Guard and Reserve members attending as undergraduate, graduate and professional students. Support services include the Peer Sponsors mentorship program; social, professional development and networking events; Vets 4 Vets; counseling for veterans and a community of peer support. Dedicated staff members are also available to manage and coordinate VA certification and registration, VA education benefits and payments, Tri-Service ROTC programs and policies, assisting students with accessing essential university services and connecting students with State and Federal agencies that support military-connected students and their families. Call **614-247-VETS** or [email their team members](#) directly for more information.

Ohio State Harding Outpatient Psychiatry and Behavioral Health

This department within the Wexner Medical Center offers treatment for those struggling with anxiety, depression or moodiness, alcohol or other drug abuse and other mental and behavioral health conditions. The specialists at this facility are devoted to providing confidential mental health and psychiatric services and offers programs relating to crisis management, women's behavioral health, advanced treatment for depression, outpatient care and more. This hospital also has an emergency department that accepts walk-in patients. Call **614-293-9600** to schedule an appointment.

Psychological Services Center

The Department of Psychology provides evidence-based psychological treatments through the Psychological Services Center. This center offers free psychological services to any adult in Central Ohio. Treatment is provided by students of Ohio State's Clinical Psychology Doctoral Program, and under the supervision of licensed psychologists in the Department of Psychology. Therapists provide confidential therapeutic treatments for depression, anxiety, coping with a chronic medical condition, PTSD, OCD and personality disorders. To schedule an appointment call **614-292-2345**, or email, psc@psy.ohio-state.edu. **Patients must complete a phone screen interview prior to scheduling an appointment to assess need and to match patient concerns with the correct clinic. This service does not prescribe medication or addiction treatment.*

Stress Management and Resiliency Training Lab (SMART)

The mission of the SMART Lab is to teach and research the efficacy of stress management and resiliency skills with students at Ohio State. This service is free for all enrolled undergraduate, graduate and professional students as well as faculty and staff at Ohio State. Resources include biofeedback and online modules for breathing and meditation techniques designed to reduce stress.

Student Life Counseling and Consultation Service (CCS)

Counseling and Consultation Service has a dedicated staff of psychologist, psychiatrists and counselors providing a **variety of services** to support students' mental health. Services include individual, couple and group counseling, mandatory assessments, psychological evaluations, psychiatry services, workshops, crisis debriefing, community referral and outreach designed to reduce stigma and provide opportunities for community engagement. This is a confidential resource for students to access on campus by **scheduling an appointment through their online portal**. There is a 10 session limit for individual appointments, but for those who have the Student Health Insurance there is no limit. Common topics for discussion include anxiety, depression, concerns about eating, difficulty concentrating or sleeping, concerns around alcohol and other drug use, thoughts of harming oneself or others, suicidal thoughts and more. Visit their website to schedule a phone screen.

**Students must complete a phone screen interview prior to scheduling an appointment to assess need and to match individual concerns with the correct service.*

Student Life Student Wellness Center Wellness Coaching

Wellness Coaching is a free one-on-one service within the Student Wellness Center that was created to give students the tools to strengthen their self-awareness and maximize their personal wellness within the nine dimensions. Throughout the sessions, clients and trained peer coaches participate in strengths based exercises, mindfulness and personal development activities designed to help the clients work through concerns relating to stress management, personal relationships, navigating transitions and improving confidence. There are no limits to the amount of times a student can access this resource. This program has expanded into **group coaching**, which is designed to create a culture of care by bringing students together in a safe, inclusive and supportive environment on a weekly basis. Additionally, students can take part in weekly **group meditation** to help build upon resiliency and to help with stress management. To schedule a Wellness Coaching appointment, students must complete the form on the **Schedule an Individual Coaching Appointment page**. **Wellness Coaches are trained peer educators and do not replace services provided by certified counselors.*

Student Life Student Wellness Center Buckeye Peer Access Line

The Buckeye Peer Access Line (PAL) is a non-emergency talk line that provides a space for students to engage in brief phone conversations in order to gain support and learn about campus resources. Student volunteers are available to provide peer-to-peer assistance that promotes and enhances student development and wellbeing Monday-Friday 8 p.m. to midnight. Common conversation topics include adjusting to college and university life, balancing stress management, managing personal relationships, feeling pressure to succeed, exploring personal and social identities and navigating civil and social unrest. Call **614-514-3333** to speak with a PAL. **This program is not a crisis hotline, if you or someone you know are in an immediate crisis at risk of harming yourself or others please dial 9-1-1 or call the suicide hotline at **800-273-8255**.*

Suicide Prevention Program

The Suicide Prevention Program at Ohio State offers educational resources, trainings, outreach and events and opportunities for students to get involved. The main service provided by this office is individual and group REACH training which is designed to help faculty, staff and students recognize warning signs, engage with empathy, ask directly about suicide, communicate hope and help suicidal individuals access care and treatment. Programs include RUOK? Buckeyes, the REACH 5k, Out of the Darkness Campus Walk, the Reach Out education and advocacy group sessions and more. Visit their website to learn more about resources and to get connected immediately to help if you or someone you know is at risk of harming themselves or others. For specific questions about their program offerings email suicideprevention@osu.edu. **If you or someone you know are in an immediate crisis at risk of harming yourself or others please dial 9-1-1 or call the suicide hotline at **800-273-8255**.*

Environmental Wellness

The environmentally well person recognizes the responsibility to preserve, protect and improve the environment and appreciates the interconnectedness of nature and the individual.

Buck-I-SERV

Buck-I-SERV is The Ohio State University's alternative break program that provides more than 80 trips per year to over 16 states and five countries. Trips are weeklong, substance-free programs centered on community service and civic engagement and typically take place during scheduled university breaks (winter break, spring break and summer). [Read more about past trips here](#). To learn about the program, upcoming scheduled trips and to apply to be a participant or trip leader visit the website or email, buck-i-serv@osu.edu.

Chadwick Garden and Arboretum

The Chadwick Garden and Arboretum is a learning garden for all students, faculty, staff and community members. The extensive plant collections and gardens are well-designed models of annuals, perennials, trees and shrubs, both native and non-native, for the central Ohio climate. The plant collections and gardens provide diverse plant material for use by a variety of disciplines including horticulture, landscape design and plant pathology. They also offer an outdoor environment for disciplines such as engineering, architecture, art, dance, theater and more. The gardens offer a [variety of events](#) year round, with additional [opportunities to volunteer and intern](#). The gardens also offer the [Horticultural Therapy Garden](#), a space that provides a community based experience for adults with developmental disabilities that enhances well-being and meets the goals of our participants – increasing social skills, self-esteem and horticultural skills.

Department of Public Safety Buckeye Alerts

The Buckeye Alert System is a multi-modal, emergency notification system that includes nearly two dozen communication methods. Buckeye Alerts, often sent via text message, are issued when it is determined that the campus community needs to take immediate action to remain safe. If your cell phone number is in the Student Information System (BuckeyeLink) or Workday (faculty/staff), then you are automatically registered for the Buckeye Alert Text Messaging System. Visit the website for more information on how to register a phone number, including family, friends, faculty, staff, student, guests and visitors and regional campuses.

Facilities Operations and Development Sustainability

Energy Services and Sustainability serves as the focal point for Ohio State's sustainability efforts in building energy management, green building and construction, alternative transportation, sustainable materials management, in support of the university's core goals. Visit their website to learn more about campus sustainability goals, the zero waste initiative (recycle, compost, trash) and volunteer opportunities.

Ohio State Student Farm

The Ohio State Student Farm is a four-acre plot at the Waterman Agricultural and Natural Resources Laboratory. It is a space for Ohio State students of all identities and academic backgrounds to engage in learning, research and collaborative projects. This space was created by students with the help of faculty of Horticulture and Crop Science and Engineering Education to empower themselves and future students to experience first-hand the present and future of sustainable agriculture and food justice. Throughout the year students can volunteer their time to help at the farm. Visit their website to learn more about their mission and to view open workday hours.

Student Life Energy Management and Sustainability Green Buckeyes

Student Life Energy Management and Sustainability department is dedicated to educating students, staff and faculty about making responsible, sustainable choices to meet the short and long term needs of our Ohio State community. Programs include Buckeyes Recycle!, RecycleMania, Time for Change Week and Earth Month. Join the Green Buckeyes program to help promote the university's commitment to diverting 90% of all waste from the landfill by the year 2025. Additionally, Green Buckeyes have access to internships and jobs, scholarships and more.

Student Life Off Campus and Commuter Student Services

Off-Campus and Commuter Student Services is The Ohio State University's resource center for off-campus living and commuting. They provide a means to find housing and roommates, resources to encourage safe practices in the off-campus area and support students while being a responsible neighbor in the Buckeye community. Dedicated staff members work to support students by providing free safety devices, monitoring the off-campus neighborhoods (Buckeye Block Watch Program), renter and off-campus guides and mentoring first-year commuters. Check out their website to learn more about programs and resources designed specifically for commuter students and to see a full [list of upcoming events](#) such as their roommate fair, off-campus living expo and community events.

Student Life Recreational Sports Adventure Recreation Center

The Outdoor Adventure Center (OAC), located in the Adventure Recreation Center on West Campus, is committed to providing fun, challenging and affordable wilderness-based experiences for The Ohio State University community. Through a variety of workshops and backcountry trips, participants will learn the requisite skills to safely enjoy the outdoors. Clinics include Top Rope Belay and Lead Climbing workshops and weekend adventure trips have featured rock climbing, white water rafting, hiking and more. The OAC also offers adventure equipment rentals which include kayaks, canoes, backpacks, tents of various sizes, winter sport items like cross country skis, mountain bikes and more. Visit their website to sign up for [trips and clinics](#), and to [schedule equipment rentals](#).

Student Life University Housing

Student Life University Housing is here to help create a positive, supportive experience for students while they live on campus. Programs and resources include learning communities, dedicated staff members, building and floor programs, [Tutoring in the Residence Halls](#) and [Living Well Resources](#). Visit their website for additional resources on roommate conflict resolution, staying safe on campus, events calendar, opportunities for employment and more.

Financial Wellness

The financially well person is fully aware of their financial state and budgets, saves and manages finances in order to achieve realistic goals.

Bursar

Student financial accounts are managed by the Office of the University Bursar, which bills and collects tuition, fees, campus housing and other university-related charges. Visit their website to pay tuition and fees; enroll in direct deposit; learn about important deadlines, refunds, direct deposits, scholarship information and payment options and view your statement of account. For questions email bursar@osu.edu.

iGrad

iGrad is a free online learning tool available to all Ohio State undergraduate, graduate and professional students as well as staff and faculty. Create a free account using your Ohio State name dot number email address. This interactive website allows students to complete personal finance education courses and interactive activities around topics such as student loans, investing, budgeting, banking, credit cards, identity theft, emergency funding, managing debt and more. Visit the website to learn more and create an account.

Student Financial Aid

The Financial Aid Office is a department at Ohio State devoted to helping students manage tuition expenses. Each student has a unique financial aid situation, and the Office of Financial Aid can help students navigate paying for college on a personalized basis. They are equipped to help students find scholarships, accept loans, and fill out the FAFSA to cover the cost of university. Additionally, students can visit their website to learn about [Student Jobs at Ohio State](#). For specific questions related to a student's financial aid email buckeyelink@osu.edu.

Student Life BuckID Services

BuckID is Ohio State's official university ID. BuckID's can be loaded with money and used as a debit card at university dining locations and at a number of participating vendors near campus. Students' BuckID can be used for printing, laundry, pharmacy costs, clothing and apparel, at the campus bookstore and more. Visit the "Manage Your Account" section on the BuckID website to see a full transaction list, load money, request refunds prior to graduation, etc. To learn more about BuckID visit the website to see a full list of vendors, and visit the FAQs page for additional information. For questions not answered on the website, email buckidcardservices@osu.edu.

Student Life Student Wellness Center Buckeye Food Alliance (BFA)

The Buckeye Food Alliance is Ohio State's on-campus, food pantry. Any current undergraduate, graduate or professional student with a valid BuckID is welcome to visit the pantry; there is no requirement for any kind of proof of need. BFA stocks pantry items such as cereal, chips, spices, canned goods and more; a refrigerated and freezer section that includes dairy products, eggs, frozen meals and more; they have fresh fruits and veggies daily; they stock items that meet the dietary restrictions of the Ohio State community including dairy-free, gluten-free, vegan and vegetarian; and they stock soap, deodorant, shampoo and other personal care items when possible. BFA operates out of two locations on campus, Lincoln Tower Room 150 and St. Stephen's Church on Woodruff Ave, and has open hours for students to shop but can also schedule one-on-one appointments to meet students' availability. Visit their website to learn more about hours of operation, to schedule an appointment and to learn about volunteer opportunities. For additional questions email info@buckeyefoodalliance.org.

Student Life Student Wellness Center Scarlet and Gray Financial Coaching

Scarlet and Gray Financial Coaching (SGF) is a one-on-one peer financial coaching program designed to empower students to make informed decisions about financial choices. Financial coaching appointments last about one hour, and during the session students can talk about anything from financial goal setting, banking basics, budgeting, credit education, debt repayment education, saving and retirement education and more. When signing up for an appointment, students designate what they are interested in discussing so the SGF team can prepare and ensure students are paired with a coach knowledgeable in that subject area. Students can [schedule an appointment](#) by visiting the website; for additional questions email wellness@osu.edu. **Scarlet and Gray Financial Coaching is an educational service only – no financial advice is provided.*

Intellectual Wellness

The intellectually well person values lifelong learning and seeks to foster critical thinking, develop moral reasoning, expand worldviews and engage in education for the pursuit of knowledge.

Center for the Study and Teaching of Writing

The Center for the Study and Teaching of Writing (CSTW) is an interdisciplinary support and research unit in The Ohio State University's College of Arts and Sciences. CSTW is committed to fostering excellence among writers and teachers of writing at The Ohio State University and in the state of Ohio. This dedicated team of staff members help students strengthen the essential skill of writing. One of their most widely utilized programs is [The Writing Center](#), which offers free assistance to everyone in the university community for any stage of the writing process. Visit their website to learn about additional resources, connect with The Writing Center and email cstw@osu.edu, with additional questions.

Dennis Learning Center

The Dennis Learning Center supports the academic success of all Ohio State students through elective courses, individual academic coaching, group workshops, scientific research and collaborates with other units to design and implement custom programs. They have credit-bearing, graded elective courses that teach students how to develop learning and motivation strategies and workshops that groups may request. Visit their website to enroll in a course, sign up for their monthly newsletter, learn about their academic support resources and to [email their team members](#) directly with additional questions.

Honors and Scholars Center

[The University Honors Program](#) offers highly motivated students an enriched academic experience through the integration of curricular and co-curricular programs. While the Scholars Program offers academically motivated students the chance to meet and live with other students who share similar interests. Each of the [17 programs](#) is centered around a particular theme or area of study and are open to students regardless of their intended major. Each program offers a unique opportunity for students to develop a supportive community with similar interests and goals. Learn more about each program by visiting the website.

Mathematics and Statistics Learning Center

The Mathematics and Statistics Learning Center offers trained tutors to help students with difficulties they are experiencing in class or with homework and provide online resources, practice exams and workshops to help students achieve their full potential. All services are free for students enrolled in supported math and stats courses, no appointments necessary. Visit their FAQs page and email additional questions to mslc@math.osu.edu.

Ohio State Library System

The Ohio State University Libraries support students, scholars, Buckeyes and beyond advancing research, teaching and learning. Through educational resources, services, material loans and quiet places to study, the University Libraries are here to support students through their entire academic journey. Visit their website to learn more about what each library has to offer (including regional campuses), academic resources, hours of operation, how to check out materials and more.

Student Life Disability Services (SLDS)

Student Life Disability Services is committed to creating an accessible educational experience for students with disabilities. “Disability” is a broad term that includes, but is not limited to, mental health conditions, chronic health conditions, temporary injuries, physical disabilities, learning disabilities and ADHD. Students register with SLDS to be approved for accommodations; registration is confidential and does not appear on transcripts. Medical documentation is kept private and students only notify instructors about their accommodations if they want to utilize accommodations in that instructor’s course. Accommodations include note-taking assistance, assistive technology, sign-language interpreting and transcribing, housing and dining accommodations and adaptive transportation. Visit the website to learn more about accommodation opportunities, the [registration process](#) and for additional questions email slds@osu.edu.

Student Life Younkin Success Center

The Younkin Success Center houses many resources for academic, career and wellness services including the Dennis Learning Center (DLC), Career Counseling and Support Services (CCSS), University Center for the Advancement of Teaching (UCAT), Buckeye Careers, Student-Athlete Support Services Office (SASSO), Counseling and Consultation Service (CCS), tutoring services, Veteran Tutoring Services, space reservations, commuter lockers and student study spaces. Visit their website to see a calendar of events, schedule a tutoring or career counseling appointment and for additional questions email successcenter@osu.edu.

Physical Wellness

The physically well person gets an adequate amount of sleep, eats a balanced and nutritious diet, engages in exercise for 150 minutes per week, attends regular medical check-ups and practices safe and healthy sexual relations.

Student Life Dining Services

Dining Services offers a wide variety of dining options including grab and go, pre-order through GrubHub, cafes and traditional cafeteria through their many dining locations across campus. Dining plans are flexible to meet the needs of undergraduate, graduate and professional students, staff and faculty. Dedicated staff members are here to meet the dietary needs of Ohio State students through allergy friendly dining options, Halal and Kosher friendly options and one on one appointments with dietitians. Visit the website to learn more about dining options, view hours of operation at each of the dining locations on campus, send buckeye bundle care packages, schedule an appointment with a dietitian and for additional questions email dining@osu.edu.

Student Life Recreational Sports

Student Life Recreational Sports offers members of the Ohio State community an opportunity to live an active life while on-campus through five recreational facilities: The RPAC, North Recreation Center, Jesse Owens North, Jesse Owens South, the Adventure Recreation Center, the Outdoor Adventure Center and the McCorkle Aquatic Pavilion as well as several outdoor parks. Programs and services range from [group fitness](#), aquatics, adventure trips, climbing, fitness and recreation, intramural sports, sport clubs, [personal training](#), a wide variety of equipment, [safety training and certificates](#), [Buckeye Bike Hub](#) and custom group fitness, fitness related lectures for classrooms, staff meetings and more through their [Fitness in Motion](#) program. Visit their website to learn more about all that Rec Sports has to offer, hours of operation for each facility and for specific questions email recsports@osu.edu.

Student Life Student Health Services

Student Health Services is located on campus in the Wilce Student Health Center. The center offers a variety of physical health related services to support a healthy campus for all, including primary care, vaccine requirements, gynecological services, physical therapy and sports medicine, dental care, medical advice and appointment scheduling, insurance, pharmacy and more. Each Ohio State student has a personal [BuckMD](#) account, where they may easily schedule appointments and keep track of their health information online. For questions or assistance with scheduling call **614-292-4321** or email shs@osu.edu. **If you are experiencing a medical emergency call 911 or go to nearest emergency room. The closest emergency room to campus is The Ohio State University Wexner Medical Center Emergency Department at 410 W. 10th Ave, 614-293-8333.*

Student Life Student Wellness Center Alcohol, Tobacco, and Other Drug Prevention and Education Services

This collection of services within the Student Life Student Wellness Center focuses on educating students on the responsible use of alcohol and other drugs. Through a number of free group and one-on-one services, students can learn more about alcohol and other drugs in a non-judgmental environment. These are not abstinence free programs, rather an opportunity for students to gain knowledge and make decisions around their alcohol and other drug usage that works best for them and their future goals. Programs include **BASICS/CASICS**, a one-on-one coaching program focusing on reviewing personal alcohol and other drug choices and making goals to help reduce risky behaviors; **ScreenU**, a quick assessment students can take at any time to assess their behaviors and learn about resources based on their risk score; **Freedom from Smoking**, a free eight-session program for students who are ready to quit smoking; and the **Diversion Program**, open to all students looking to learn more about their alcohol usage but is also available for students needing to complete the educational component of the diversion program. Additionally, the Student Wellness Center houses the **Collegiate Recovery Community (CRC)**, a support community for students in or seeking recovery from alcohol and other drug misuse. Through their dedicated staff, the CRC offers weekly support meetings, substance free events, a sober living house, recovery scholarships, individualized recovery plans and one-on-one support services. Visit the Student Wellness Center website to learn more about each of these programs, schedule appointments and email wellness@osu.edu with more questions.

Student Life Student Wellness Center Nutrition Coaching

Nutrition Coaching is a free service through the Student Wellness Center, available to all undergraduate, graduate and professional students who are interested in enhancing their health and well-being. Appointments focus on helping students identify any imbalance in their food intake through a nutrition assessment and exploring ways to optimize nutritional needs. Popular topics of discussion include weight management, meal planning and grocery shopping, body image and eating disorders, food allergies and sensitivities, dietary preferences (vegan or vegetarian), diet as it relates to health conditions and sports nutrition and event training. Visit the website to schedule an appointment, access resources and for additional questions email wellness@osu.edu.

Student Life Student Wellness Center Sexual Health Services

The Student Wellness Center provides (SWC) provides education and resources as it relates to students' sexual health choices. These are not abstinence free programs, rather an opportunity for students to gain knowledge and make decisions around their sexual health choices that works best for them and their future goals. Programs include the **Condom Club**, students can join for free to purchase 25 condoms a day for \$5; **HIV/STI Testing**, the SWC partners with a community organization to offer free **HIV/STI testing** weekly for students to access and presentations on a number of sexual health topics. Visit the website to learn more about each of the services in the SWC and get connected to **resources in the Columbus community**, email additional questions to wellness@osu.edu.

Social Wellness

The socially well person has a network of support based on interdependence, mutual trust, respect and has developed a sensitivity and awareness towards the feelings of others.

College in Columbus

College in Columbus is an opportunity for Ohio State students to explore the Columbus community through entertainment, work, service and events. This website highlights transportation options, upcoming events, activities for families, wellness related activities and more that are happening on or near campus. Visit their website for a full events calendar.

Kindness at Ohio State

Kindness at Ohio State is a campus-wide initiative to promote the concept of kindness among our students, faculty and staff to help foster powerful experiences and profound human connections. This committee hosts a number of service events throughout the academic year including Operation Warm, The Big Table, Pack Shack and more. Visit their website to see a [full list of campus events](#) and [other resources](#) to help promote kindness in your community.

Ohio State Athletics

Athletics is a large part of the Ohio State experience with over 30 competing sports teams. Visit the Ohio State Athletics websites to view the [full events calendar](#) and to [purchase tickets](#).

Student Life Sorority and Fraternity Life

Student Life Sorority and Fraternity Life (SFL) is affiliated with four different types of councils, Interfraternity Council (IFC), Multicultural Greek Council (MCGC), National Pan-Hellenic Council (NPHC) and Panhellenic Association (PHA). With [62 chapters](#) there is an organization for everyone interested in participating in SFL. Interested students can learn more about the [recruitment schedule](#) and visit their [FAQs page](#) to learn more about what all is involved in association with a chapter.

Student Life Student Activities

Student Life Student Activities creates transformational involvement and leadership opportunities for undergraduate, graduate and professional students with over [1,400 student organizations](#), [immersive service trips](#) and initiatives to serve locally through the [Pay it Forward program](#). Major campus events include Welcome Week and Homecoming, as well as large campus-wide events hosted by the [Ohio Union Activities Board \(OUAB\)](#). Check out their website to see a [full list of events](#), special offers through the [D-Tix \(Discounted Tickets\)](#) program and special programming for our [graduate and professional students](#).

Spiritual Wellness

The spiritually well person seeks harmony and balance by openly exploring the depth of human purpose, meaning and connection through dialogue and self-reflection.

Center for the Study of Religion (CSR)

The Center for the Study of Religion was established in 2007 to encourage and support scholarly research on religion(s) at The Ohio State University. Without expectation of generating consensus, and without advocating for or against any specific religious perspective, the CSR cultivates disciplined reflection among faculty, students and the wider public on three interrelated sets of issues: Specific Religions, “Religion” in General and the Study of Religion. Visit their website to view a full list of [courses](#), [majors](#), [minors](#) and [resources](#) available to the Ohio State community.

Office of Service-Learning

The Office of Service-Learning is a department within the Office of Student Academic Success. They work to support the development, implementation and evaluation of sustainable service-learning courses and encourage community-based scholarship across the curricula of The Ohio State University. Their dedicated staff is available to help [faculty incorporate service-learning](#) into their curricula and to [connect students](#) to both service-learning courses and other service opportunities at Ohio State. Visit their website to learn more or email specific questions to slearning@osu.edu.

Student Life Student Activities Religious and Spiritual Student Organizations

The Student Life Student Activities office offers over 1,400 student organizations for Ohio State students to join. Visit their website to learn more about the organizations affiliated with many different religious and spiritual missions.

University Interfaith Association

The Ohio State University Interfaith Association stands ready to support your faith journey through a group of diverse congregations campus ministries and student organizations. Their mission is to encourage and support spirituality and the faith development of students and the Ohio State community while promoting interfaith cooperation and understanding in a religiously diverse academic community. The University Interfaith Association is associated with 20 member organizations in the Columbus community and offers events throughout the academic year. Visit their website to learn more and view a [full list of Interfaith, Reflection, Meditation and Quiet Rooms](#) on campus.