



This handout has links to HEALTH & WELLNESS RESOURCES TO SUPPORT wellness, and a list of suggestions to consider to improve overall well-being.

**The College of Nursing wants to support students each and every day to:**

lead **live** wellness-focused  
innovate **well** evidence-based  
vision lifelong learners  
execute lights for the world

## MENTAL HEALTH & WELL-BEING REFERRALS

### COUNSELING INSIDE OHIO STATE

#### **OHIO STATE'S COUNSELING AND CONSULTATION SERVICE (CCS)**

CCS has services available 24/7 for students in crisis and who need immediate assistance.

CCS provides individual and group mental health services, educational workshops, and outreach programming to currently enrolled undergraduate, graduate and professional students, as well as spouses/partners of students who are covered by the Student Health Insurance Plan. Concerns addressed include anxiety, depression, relationship problems, substance use, eating concerns, identity exploration, academic concerns, life transitions, and stress management.

**614-292-5766**

<https://ccs.osu.edu>

#### **THE OSU STUDENT WELLNESS CENTER**

The Office of Student Life Student Wellness Center at The Ohio State University provides a variety of services to support holistic wellness and student success.

**614-292-4527**

<https://swc.osu.edu/services>

#### **THE OSU STUDENT HEALTH CENTER:**

Student health center for general health services. The Wilce Student Health Center, Student Life Student Health Services (SLSHS), is a Joint Commission accredited outpatient facility providing a variety of health care services to the student population. All students enrolled at the university are eligible to use SLSHS.

<https://shs.osu.edu/>

### **THE COLLEGE OF NURSING**

OSU CON is committed to supporting the mental health and wellbeing of our students, and we are proud to be among the first colleges at Ohio State to proactively offer psychotherapy services to students struggling with mental illness or emotional difficulties with our embedded mental health counselor.

#### **Contact:**

Shelby Woith, MA, LPCC

614-292-6952

[woith.3@osu.edu](mailto:woith.3@osu.edu)

#### **Link:**

<https://nursing.osu.edu/students/student-resources/counseling-services>



### **THE COLLEGE OF NURSING WORKSHOPS**

Students, staff and faculty can request a tailored workshop for their group, class or student organization. To make a workshop request, please click on the link below and complete the form. It will be sent directly to the College of Nursing counselor, Shelby Woith who will contact you to consult on your needs and establish a program plan.

*\*Availability to accommodate request varies over the course of the semester. During busier period please allow 3-4 weeks advance notice.*

**Link:** <https://nursing.osu.edu/students/student-resources/counseling-services/request-workshop>

## COUNSELING OUTSIDE OF OHIO STATE

### **SAMHSA's National Helpline**

Services Locator: <https://findtreatment.gov/>

This treatment locator through the Substance Abuse and Mental Health Services Administration helps to identify mental health and substance use treatment in the students' location.

Contact: **1-800-662-HELP(4357)**

The National Helpline number for treatment referral and information can be called 24/7. Available in English and Spanish.

Link: <https://www.samhsa.gov/find-help/national-helpline>

### **Mental Health America of Franklin County (MHAFC) Pro Bono Counseling Program**

Provides free counseling for people age 18 and older residing in Franklin County.

Program: office-based counseling, no psychiatry services, no substance abuse counseling

Eligibility: age 18 and older (under 18 with parent or guardian present)

Cost: FREE for those who are unable to pay

Referral: individuals may refer themselves or be referred by someone else

Contact: **(614) 242-4357**

Link: <https://mhaohio.org/get-help/pro-bono-counseling/>

### **Netcare Access Crisis Hotline**

Netcare provides 24-hour mental health and substance abuse crisis intervention, stabilization, and assessment

Eligibility: Franklin County, Ohio residents

Contact: **614-276-CARE (2273)**

Link: <https://www.netcareaccess.org/services/crisis-services/>

### **Community for New Direction (CND)**

CND provides prevention education services for youth ages 5-18 and mental health and substance use disorder treatment services for adults, ages 18+.

Contact: **614-252-4941**

Link: <https://cndcolumbus.org/>

### **Hope 4 2Morrow Counseling and Treatment Center**

Provides compassionate, integrated mental health and substance use disorder treatment through evidence-based practices, including Trauma Informed Care Interventions. Serves youth and adolescents ages 9-21, Adults ages 18 and up, expecting mothers and their children.

Contact: (614) 604-8573

Link: <https://www.hope42morrow.com/>

## **HOTLINES AND IMMEDIATE SUPPORT**

Available 24/7

### **NATIONAL SUICIDE AND CRISIS LIFELINE**

Call or text: **988**

<https://988lifeline.org/>



### **CENTRAL OHIO SUICIDE PREVENTION HOTLINE**

Call: 614-221-5445

<https://columbussuicideprevention.org/>



### **CRISIS TEXT LINE**

Text: "HOME" to **741-741**

<https://www.crisistextline.org/>



### **MILITARY VETERANS CRISIS HOTLINE**

Call, text or chat

Call or text: **988** and Press 1

Text: 838255

Chat: <https://www.veteranscrisisline.net/get-help-now/chat/>



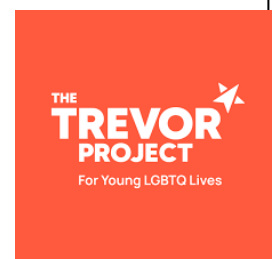
### **LGBTQ YOUTH SUICIDE HOTLINE**

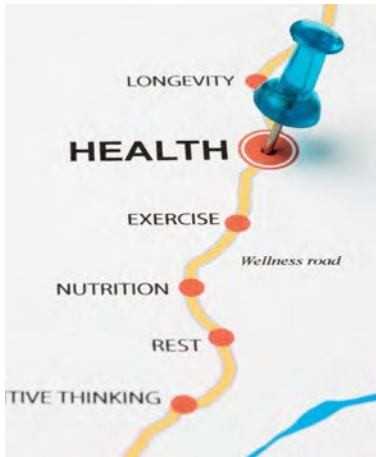
Call, text or chat

Text: "START" to **678-678**

Call: 1-866-488-7386

Chat: <https://www.thetrevorproject.org/get-help/>





The Office of Student Life SWC provides a variety of services to support holistic wellness including:

- ✓ Collegiate Recovery Community
- ✓ Sexual Health Services
- ✓ Student Civility Program
- ✓ The Body Project
- ✓ Wellness Ambassadors
- ✓ Wellness Coaching
- ✓ Nutrition Coaching
- ✓ Alcohol, Tobacco and Other Drug Prevention Services
- ✓ Stress Management and Resiliency Training Lab
- ✓ Relationship Education and Violence Prevention
- ✓ Buckeye Food Alliance  
<https://www.buckeyefoodalliance.org>
- ✓ Buckeye Peer Access Line 614-514-333
- ✓ Scarlet and Gray Financial Coaching

**OHIO HEALTH SARNCO  
24-HOUR SEXUAL  
ASSAULT  
HELPLINE**

**Call:** 614-267-7020 or 844-OHIO-HELP

**Chat:**

[https://hotlines.rainnhotlines.org/en-try2?messaging\\_service\\_key=a79d72e5-8e31-44f6-9df5-238158e81906](https://hotlines.rainnhotlines.org/en-try2?messaging_service_key=a79d72e5-8e31-44f6-9df5-238158e81906)

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.



**The Ohio State  
Wellness App**

is designed to make it easy to choose the right resources and take action. You can use this tool to set goals, develop health habits and help someone you care about access the support they need.

**Download  
Instructions**

<https://it.osu.edu/learner-technology-handbook/ch3/wellness-app>

**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.

**Call:** 614-247-5838 or TTY 614-688-8605

**E-mail:** [equity@osu.edu](mailto:equity@osu.edu)

**Link:** <https://equity.osu.edu/>



# AVAILABLE COURSEWORK AND ADDITIONAL PROGRAMMING

## **MINDSTRONG**

An evidence-based cognitive skills building program with a goal of improving resiliency and overall well-being. The MINDSTRONG program includes seven weekly sessions geared toward improving overall mental and physical health while supporting positive adaptation to stress, anxiety and depression. Each session provides strategies to practice establishing healthier behavior patterns. Please check with your advisor to register for the 7-week 1 credit hour course NUR5115.

Link: <https://nursing.osu.edu/offices-and-initiatives/mindstrong-mindbodystrong>

Contact: [mindstrong@osu.edu](mailto:mindstrong@osu.edu)



## **Mental Health First Aid Virtual Training**

This course teaches you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem and/or experiencing a crisis. This course is being offered by Ohio State – visit the link to learn more.

Link: <https://wellness.osu.edu/mhfa>

Contact: [MHFA@osu.edu](mailto:MHFA@osu.edu)



## **Health and Wellness Coaching**

Receive personalized wellness coaching through the OSU Student Wellness Center! Wellness coaching is a free service that provides opportunities for you to gain awareness regarding your capacity to create the life you want to live, both now and in the future. To schedule, visit the site below.

Link: <https://swc.osu.edu/services/wellness-coaching/>



## **Health Athlete**

Refocus and re-energize yourself through the Health Athlete program, developed in partnership with Johnson & Johnson's Human Performance Institute. Health Athlete helps you manage your energy and guide mental, emotional, physical and spiritual development. Learn how you can become more engaged, more productive, and more optimistic through these workshops. The program is available as a 1-Credit Course for both undergraduate (HWIH2110) and graduate students (N6114). Visit the website below for more information or register for the course through Buckeyelink!

Link: <https://healthathlete.osu.edu/workshops-schedule>



# GENERAL RECOMMENDATIONS and TIPS FOR OVERALL WELL-BEING

## Reduce Stress and Anxiety

### Deep Breathing

Pause during the day to take 5 deep breaths. Use the 4-7-8 method. Breathe in for 4 seconds; hold for 7 seconds, and breathe out for 8 seconds. Below is a video with helpful visual prompts:

Link:

<https://www.youtube.com/watch?v=LiUnFJ8P4gM>

### Challenge Negative Thoughts

Take inventory of your mindset. Identify and challenge negative thoughts by evaluating them; is this thought true? Can I control this? Once you've identified a negative thought or automatic thought, you can begin to recognize and change the pattern, and work to reframe negative thoughts.

### Self-Affirmations

Self-affirmations have been shown to be health protective and can even help to decrease overall stress. Studies have shown that repeating affirmations that are relevant to you and your goals has been linked to positive health benefits that can last for weeks- or even years!

Link:

[https://ed.stanford.edu/sites/default/files/annurev-psych-psychology\\_of\\_change\\_final\\_e2.pdf](https://ed.stanford.edu/sites/default/files/annurev-psych-psychology_of_change_final_e2.pdf)

### Practice Gratitude

Gratitude has been shown to increase mental well-being and overall wellness. To build a quick gratitude activity into each day, try setting aside a moment in each day to reflect on one thing you are grateful for. Consider writing it down in a journal! You can even try creating a gratitude list. Write down one thing that made you happy, one thing that someone else did for you, and one thing that you did for someone else. Do this daily for five days without repeating anything on the list!

### Mindfulness

Use a mindful pause when you are stressed. We recommend a "head-turn" strategy. Turn your head slowly from left to right and note what you are seeing, sensing and feeling. This will allow you to be in the present moment and accept emotions and thoughts.



## Improve Physical Health

### Increase Physical Activity

Set a goal for moving more and sitting less. Move minimally 5 minutes every hour. Increase physical activity. Identify a specific plan for exercise.

Dance, do yoga, walk your dog, play a sport! Consider activities that bring you joy. Try to increase time spent outdoors, as the evidence shows it can improve mood and overall mental well-being.

Link:

<https://mhanational.org/surroundings/outdoors-nature>

### Improve Sleep

Start a bedtime and wake time routine – this can help your body follow a consistent sleep pattern. Commit to getting a least 7-8 hours of sleep each night.

Create an environment conducive to rest – like a comfortable, cool, dark room. Avoid screen time at least 30 minutes prior to sleep.

### Healthy Eating Habits

Eat 5 fruits and vegetables each day. Aim to have a balanced diet by utilizing tools like MyPlate to build your meals. Consider implementing the 80/20 rule by eating nutritious foods 80% of the time, and have a serving of your favorite treat only 20% of the time.

Use mindful eating strategies. Reflect, sit down, disconnect from electronics, eat slowly, and bring all senses to the meal.

Link: <https://www.myplate.gov/>

### Hydrate!

Adequate hydration helps our bodies function properly and supports joint, tissue and organ function among many other benefits!

Reach for water first instead of sugary beverage. Consider carrying a water bottle to drink from and refill throughout the day. You can also try adding hydrating foods like watermelon, greens, squash and berries into your diet for a boost!

I am worthy and deserving of love and happiness

I trust in my abilities and potential

# DAILY AFFIRMATIONS

I choose to focus on the good in my life

I am grateful for all I have

I am in control of my thoughts and emotions

**Resources in Handout current as of 1/11/24.** Questions about this handout? Contact CON Graduate Wellness Programming Director Alice M. Teall, DNP, APRN-CNP, FAANP (teall.3@osu.edu); Special thanks to Ph.D. students L. Corona & M. Wong for their significant contributions to the development of this resource, Sarah Rust-Overman, DNP, APRN-CNP, CPNP-PC for updating the document, and to Rosie Zeno, DNP, APRN-CNP, CPNP-PC for her development of the RUOK2Day approach to student wellness.