



# Resources Guide

This document contains numerous resources to support your wellbeing during your time at the Ohio State University. Everything in scarlet and underlined is a link—just hit CTRL + click to be taken immediately to the referenced page.

Make plans to use these resources early and often so that your graduate success is well-supported and you know where you need to go right away if needed.

OSU has a lot of resources—so many that it can be overwhelming. Please refer to the list below but if you ever need help finding something or if you think something should be added, don't hesitate to reach out to the Graduate Program Coordinator, Ange Leone, at [leone.148@osu.edu](mailto:leone.148@osu.edu).

There are general resources at the top and many of the more specific resources have been sorted into the [Ten Dimensions of Wellness](#) framework so that you can jump to them more quickly. Many are duplicated as they may apply to more than one area.

Quick Access Links:

[General](#) | [Transportation](#) | [Career](#) | [Creative](#) | [Digital](#) | [Emotional](#) | [Environmental](#) | [Financial](#) | [Intellectual](#) | [Physical](#) | [Social](#) | [Spiritual](#)

## GENERAL

- [Department of Design Internal Resources](#) – links to common resources and the Graduate Studies Handbook.
- [Department of Public Safety](#) – sign up for alerts, report a crime, Lyft Ride Smart program, CABS on demand.
  - *Emergency: 9-1-1*
  - *Non-Emergency: (614) 292-2121*
  - [Resources](#)
- [HR Connection](#) – questions about benefits, policies, pay, and taxes.
- [Academic Affairs Complaint and Grievance Systems](#)
- [Off-Campus and Commuter Student Engagement](#) – Off-Campus Housing Network, safety resources, living guides.
  - [Resources](#)
- [The Student Wellness Center](#)
- [Health and Wellness](#)
- [Student Legal Services](#) – non-profit law office providing legal advice, representation, education, and resources.
- [The Lantern](#) – OSU's independent, student-run newspaper.

## TRANSPORTATION

- **Biking/Scooters** - [register your bike or scooter](#) with OSU's Department of Campus Safety.
- **Driving** - see information with [CampusParc](#) for university housing or commuter student parking passes.
- **Campus Area Bus Service (CABS) or Walking** - see campus [map online](#) or in the [OSU Mobile App](#)
- **Columbus Bus Riders** (student fee covers unlimited use with your [BuckID](#)) - see Central Ohio Transit Authority or [COTA](#)

## CAREER

- [College of Arts and Sciences Career Success](#)
  - [Graduate Student Resources](#) – for graduate student-specific overall resources and career development, in addition to your Design faculty.
- [University Buckeye Careers](#)
  - [Handshake](#) – University career services platform to find and engage with employers.
  - [Reid Family Career Closet](#) – Access to appropriate professional attire.
  - [Career Resource Guide](#)
- [Student Wellness Center Career Resources](#)

## CREATIVE

- [Student Wellness Center Resources](#) – Access to discounted tickets for events with [D-Tix](#), and information for the [Billy Ireland Cartoon Library and Museum](#), Drake Performance and Event Center, Experience Columbus, The Lantern, School of Music, [Wexner Center for the Arts](#), and WOSU Public Media.

## DIGITAL

- [Student Wellness Center Resources](#)
- [University Libraries](#)
- [Office of Technology and Digital Innovation](#) – IT Help and Support

## EMOTIONAL

- [Student Wellness Center Resources](#) – Crisis lines, Sexual Assault Response Network of Central Ohio (SARNCO), on-campus resources, guided meditations, stress management.
- [Counseling and Consultation Service](#) - Individual and group mental health services, psychoeducational prevention and outreach programming.
  - Complete the [phone screening](#) now to expedite your access to free sessions.
- [Ohio State Psychology Services Center](#) – free outpatient clinic providing treatment for a variety of mental health conditions by clinical psychology doctoral students under licensed supervision.
- [Student Health Services Telehealth](#) (unlimited, free, online/phone) – These services are available for *non-emergency care* as an additional resource to the care you have available on campus at the Wilce Student Health center and/or Counseling and Consultation Services.

- **BetterHelp** is a confidential virtual counseling service, providing access to Psychologists (PhD / PsyD), Marriage and Family therapists (LMFT), Clinical Social Workers (LCSW) and Licensed Professional Counselors (LPC). These professional licensed counselors are available to schedule including ongoing text communications, live chat, phone, video or group webinars.
- **Disability Services** - collaborates with and empowers students who have physical, mental, and educational needs to coordinate support services and programs that enable equal access to an education and university life.
  - **Schedule an orientation** and **register** early to expedite your access to services BEFORE you need them.
- **Student Wellness Center** - includes wellness assessment and coaching, financial coaching, nutrition coaching, food bank, and more.
- **Ohio State Wellness App**
- **SMART Lab** – free online resource for Stress Management and Resiliency Training
- **Suicide Prevention Office** - part of campus community's shared responsibility is creating and maintaining a culture of encouraging seeking help for health.
- **Student Advocacy Center** - in addition to advisors and peers, advocacy helps with navigation and resolves issues / obstacles both within and outside of academics, appeals, emergency financial assistance, finances, health/person crisis.
- **RecSports** - free group fitness, intramural sports, sports clubs, space reservations, services/outreach, and more.
- **Student Organizations** – hundreds of student organizations are available for building community
- **Monda Student Resource Center** enhances students' holistic, essential needs through resources and support from campus and community partners.

## ENVIRONMENTAL

- **Student Wellness Center Resources**
- **Student Advocacy Center** - in addition to advisors and peers, advocacy helps with navigation and resolves issues / obstacles both within and outside of academics, appeals, emergency financial assistance, finances, health/person crisis.
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## FINANCIAL

- **Student Wellness Center Resources**
- **Student Advocacy Center** - in addition to advisors and peers, Advocacy helps with navigation and resolve issues / obstacles both within and outside of academics, appeals, emergency financial assistance, finances, health/person crisis.
- **Student Wellness Center** - includes wellness assessment and coaching, financial coaching, nutrition coaching, food bank, and more.
  - Download the **OSU Wellness app** for on-demand resources both on- and off-campus as well as guided self-care.
- **Monda Student Resource Center** enhances students' holistic, essential needs through resources and support from campus and community partners.

## INTELLECTUAL

- **Student Wellness Center Resources**
- **Dennis Learning Center**
  - **Academic Coaching** for goal tracking, effective habits, build confidence/resilience, overcome anxiety, study motivation, etc.
  - Additional **graduate student-specific support** with courses, workshops, and more.
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## PHYSICAL

- **Student Wellness Center Resources**
- **Student Health Services** - all enrolled students can use their services with BuckMD, primary care, vaccinations, gynecological services, physical therapy/sports medicine, dental, advice, insurance, pharmacy, and more!
- **Student Health Services Telehealth** (unlimited, free, online/phone) - These services are available for *non-emergency care* as an additional resource to the care you have available on campus at the Wilce Student Health center and/or Counseling and Consultation Services.
  - **Healthiestyou** provides after-hours access to board-certified physicians. When you are

unable to visit the Wilce Student Health Center during open hours, they can connect you with a board-certified physician using this nationwide telehealth service.

- **Student Health Insurance** - campus insurance for campus medical services available to all enrolled students! However, if you **remain on your guardian's health insurance**, find Columbus-area chiropractors, physical therapists, acupuncturists, medical massage therapists, general physicians and specialists, etc. BEFORE you need them!
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## SOCIAL

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## SPIRITUAL

- **[Student Wellness Center Resources](#)** – Center for the Study of Religion, Interfaith Association of Central Ohio, Interfaith, Reflection, and Quiet Rooms on Campus, student organizations.
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## Graduate Program Coordinator Contact

Should you have any questions, please reach out to the Graduate Program Coordinator, Ange Leone, at **[leone.148@osu.edu](mailto:leone.148@osu.edu)**!