

Cleveland Student Resources

Assistance to Support Basic Needs

- Search for food pantries near your address by using the following resources: <https://www.foodpantries.org/ci/oh-cleveland> OR <https://freshtrak.com/>
- For resources to assist with housing insecurity, free legal advice regarding tenant-landlord issues, social, health, or government resources, dial 2-1-1 or visit: [211.org](https://www.211.org)
- HCOM Financial Aid Office: ou-hcom.finaid@ohio.edu
 - Emergency Loan Application: <https://www.ohio.edu/medicine/med-admissions/financing/loans/emergency>
- The Dean of Students Office at the main campus has emergency microgrants that any student can apply to using this link: <https://www.ohio.edu/student-affairs/dean-of-students/bobcats-helping-bobcats/emergency-microgrants>

Counseling Resources

- We have partnered with Hope Behavioral Health to provide behavioral and mental health support to students at no cost (for up to 10 sessions per academic year). Students can confidentially meet with a Hope Behavioral Health clinician either privately on the HCOM Cleveland campus or virtually.
- Visit <https://www.hopebehavioral.com/ouhcom> or call 800.642.4560, ext 827 to get started. Please identify yourself as an OU-HCOM Cleveland student when you call.

Other College Resources

The Medical Student Assistance Program (MSAP) is available on all 3 campuses to meet with students who may be struggling with personal issues, mental health concerns, or impairments (HCOM-Hcom-MsapCommittee@catmail.ohio.edu).

- We listen nonjudgmentally
- Empathize, validate, encourage
- Provide resources, coping strategies, and tools for stress management
- Provide referrals for mental health services if needed

Online Self-help Resources

- Online Workshops geared towards students - <https://www.ohio.edu/student-affairs/counseling/workshops>
 - Getting Unstuck - workshop focused on depressive symptoms and coping
 - Anxiety Toolbox - workshop focused on anxiety symptoms and coping
- Togetherall - <https://www.ohio.edu/counseling/resources/togetherall>
- WellTrack - <https://www.ohio.edu/counseling/resources/welltrack>

Crisis Hotlines

- **Frontline Services**, Cuyahoga County - 24 Hour Crisis Hotline 216-623-6888
- **NAMI Greater Cleveland** - Information and referral service for crisis that is not life-threatening 1 (800) 950-NAMI (6264), Monday through Friday, 10 a.m.- 10 p.m., EST.
- **National Suicide Prevention Lifeline** - (available 24/7) call or text 988. For a dedicated veterans crisis line, press 1 after calling or text 838255.
- **LGBTQ Youth Crisis Hotline** - (Trevor Project available 24/7) 866-488-7386
- **TransLifeline** - (available 24/7) 877-565-8860

What to Do in an Emergency

If you are concerned about the **immediate** health or well-being of a student in an **emergent** situation you should call 911 and explain the situation to the dispatcher. Please call with as much information as possible including the location of the student, their situation, and any safety concerns. You can also direct a student to go to their closest emergency room.

If a student has been non-responsive to communication and there is concern over their well-being you can reach out to their Emergency Contact. This information can be found in PeopleSoft and Salesforce. If you do not have access to those resources, you can contact Student Affairs or Admissions on any campus who can provide the contact information.

If you need further direction, you can contact Student Affairs on any campus during office hours and they will be able to discuss the situation with you and determine a course of action. The Associate Dean of Student Affairs and Admissions and Senior Director of Student Affairs in Athens may be included in these conversations.