

meet the stress and anxiety challenges. On the next page, I have a list of important and helpful resources for students to help make sure they maintain their mental and emotional wellness throughout the semester.

If Students are experiencing:

MILD

- Difficulty getting work done
- Showing up late for class/missing class periodically
- Mild changes in mood
- Not turning in assignments on time
- Feelings of being overwhelmed
- Procrastination
- Test anxiety
- Adjustment to a new environment
- Problems making friends

If Students are experiencing:

MODERATE

- Excessive absences
- Significant increase or decrease in sleep/appetite
- Increase in use of drugs and/or alcohol
- Panic attacks
- Not taking care of self/neglecting personal hygiene
- Withdrawing from friends and family
- Frequent crying spells
- Anxiety or mood changes significantly interfering with life

**Mild
Who can I talk to?**

- Student Wellness Center**
(614) 292-4527
RPAS, 337 Annie & John Glenn Avenue
- "Let's Talk"**
Thursday evenings, 6-8pm
Multicultural Center, Ohio Union
- Buckeye Peer Access line (PAL) 8 pm – Midnight (only)**
(614) 514-3333
- Student Advocacy**
001 Drackett Tower, 191 West Lane Avenue
(614) 292-1111

If Students are experiencing:

SEVERE

- Violence
- Unpredictable angry outbursts
- Inability to communicate clearly
- Threats to harm self or others
- Loss of contact with reality
- Extensive and dangerous substance use
- Unable to take care of basic needs

**Moderate to Severe
Who can I talk to?**

- Suicide Prevention Lifeline**
(614) 221-5445 or (800) 273-8255
Text 4hope to 741741
Or call for immediate assistance
- Sexual Assault Response Network of Central Ohio**
33 West 11th Avenue, Room 202, (614) 688-2518
- Stress Trauma & Resilience**
(614) 293-7827
Harding Hospital, 1670 Upham Drive
- Counseling and Consultation Services**
(614) 292-5766
Younkin|Success Center, 1640 Neil Avenue
1030 Lincoln Tower, 1800 Cannon Drive
- Psychology Services Center**
(614) 292-2345
105 Psychology Building, 1835 Neil Avenue

The Ohio State University Cares

Dr. Micky Sharma, CCS Director Power Point presentation, Mental Health @ OSU Conference, Aug 2019

Detailed Syllabus Schedule:

On the next two pages is a detailed tentative schedule. Exams, quizzes and assignment dates are subject to change. Major changes will be announced on the Carmen site. Additional copies of this syllabus and schedule may also be obtained on Carmen and in MyLab IT.