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

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

**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) 8pm – Midnight (only)  
(614) 514-3333

Student Advocacy  
001 Craddock Tower, 191 West Lane Avenue  
(614) 292-1111

**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, 1000 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.