



## **Mental Health Resources**

### **Counseling and Consultation Service resources**

COVID: <https://ccs.osu.edu/time-and-change/covid-19-updates>

Coping in a Crisis: <https://ccs.osu.edu/time-and-change/coping-in-a-crisis>

Grief and Loss: <https://ccs.osu.edu/time-and-change/grief-and-loss>

Black Lives Matter: <https://ccs.osu.edu/time-and-change/black-lives-matter>

On Demand Services: <https://ccs.osu.edu/services/on-demand-services>

Mental Health Support: <https://ccs.osu.edu/services/mental-health-support>

## **Other OSU Resources:**

Peer Access Line (PAL): <https://swc.osu.edu/services/buckeye-peer-access-line/>

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

Buckeye Food Alliance: <https://www.buckeyefoodalliance.org/>