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/