

YOU HAVE OPTIONS



UNIVERSITY COUNSELING
SERVICES



TAO Self-Help / thepath.taoconnect.org

Therapy Assistance Online is available to anyone at OSU with a working @okstate email address.



Call SAM / **855-225-2SAM (2726)**

Call SAM (Student Assistance by Mercy) has licensed counselors available 24 hours a day, seven days a week to respond to crises, and provide referrals and consultations.



MD Live

Students on the wait list are eligible for five free sessions with a licensed counselor via video or phone.



Walk-in Clinic / **320 Student Union**

The Walk-in Clinic is open Monday-Friday, 10 a.m. to 3 p.m. It's free to students and involves meeting with a counselor for a brief session to answer questions and/or complete an intake.



Reboot Center / **320W Student Union**

The Reboot Center is a quiet, inviting space to help calm your mind and body.

MENTAL HEALTH SERIES

Each semester, UCS counselors hold weekly educational sessions about different mental health concerns you may be struggling with. Upcoming mental health series information can be found at okla.st/mentalhealthseries.



ucs.okstate.edu
405-744-5458

CAMPUS RESOURCES

Student Counseling Center / 405-744-5458

320 Student Union, Monday-Friday, 8 a.m.-5 p.m.

First four sessions are free, then it's \$10 per session.

Alcohol & Substance Abuse Center / 405-744-5458

320 Student Union, Monday-Friday, 8 a.m.-5 p.m.

First four sessions are free, then it's \$10 per session.

Counseling & Counseling Psychology Clinic / 405-744-6980

111 Public Information Office (PIO)

Individual counseling: weekly sessions with no overall session limit. For students, the first four sessions are free, then it's \$10 per session.

Center for Family Services / 405-744-5058

101 Human Sciences West, Wednesdays & Thursdays, 5 p.m. to 9 p.m.

First four sessions are free, then it's \$5 per session.

Psychological Services / 405-744-5975

118 N. Murray Hall, Monday-Friday, 8 a.m.-5 p.m.

The initial intake is \$10, then counseling session fees are based off income. (\$10 minimum)

University Health Services / 405-744-7665

1202 W. Farm Road, Monday-Friday, 8 a.m.-5 p.m.

Medical and psychiatric care.

Fees vary. Health insurance is accepted.

*prices are subject to change

Additional Contacts

OSU Police / 405-744-6523

OSU Sexual Assault Advocates / 405-564-2129

Wings of Hope Crisis Line / 405-624-3020

National Suicide Prevention Lifeline / 800-273-8255

Grand Lake Mental Health Center / 405-372-2202

24/7 Crisis Line / 800-722-3611



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