



Resource Document for Military-Connected Students

THE OHIO STATE UNIVERSITY®
SUICIDE PREVENTION PROGRAM

Supported by the Office of Student
Life and in partnership with
Military and Veteran Services

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OSU Resources

Mental Health and Wellness

Counseling and Consultation Service - Provides mental health services for students enrolled in classes (Individual, Group work, and Workshops). Along with several other services as seen below.

- **Hours:** Monday to Friday, 9:00am to 5:00pm. Additional availability 8:00-9:00am and 5:00-7:00pm by appointment only.
- **Phone:** [614-292-5766](tel:614-292-5766)
- **Mental Health Strategies Series** - a series of short videos provided by the Office of Student Life focused on skills and strategies for improving mental health.
- **Let's Talk Consultations** - free 15 to 20-minute informal consultations with the staff of Counseling and Consultation Services. This is a great option for students who may not need consistent counseling services and may benefit from one-on-one support and consultation.
 - **Hours:** By appointment. Services provided via Zoom or by phone
 - [Sign up for a "Let's Talk" session online](#)
- **Drop-in Workshops** - free workshops offered by Counseling and Consultation Services for all students. These workshops range from topics like anxiety, mindfulness, resiliency, and more!
 - **Hours:** vary by workshop
- **Psych Bytes Podcast by CCS** - a podcast that covers a wide range of information related to mental health topics, frequently asked questions, available resources, and general psychoeducation that centers around the college demographic.

Student Wellness Center - provides wellness coaching to OSU students. Wellness coaching is similar to counseling but focuses on self-care and building strengths and resiliency.

- **Hours:** Email wellnesscoaching@osu.edu for scheduling
- **Phone:** [614-292-4527](tel:614-292-4527)

Collegiate Recovery Community - A welcoming and inclusive environment for students in or seeking recovery from substance misuse.

- **Hours:** Every Wednesday from 5:30 to 6:30pm
- **Phone:** [614-292-4527](tel:614-292-4527)
- **[Schedule 1:1 meeting](#)**

[OSU Stress Management and Resiliency Training \(SMART\) Lab](#) - Assists students in identifying sources of stress, problem-solving ways to reduce stress, and practicing relaxation techniques with biofeedback software.

- **Hours:** Group Meditation - Wednesdays from 5:00 to 6:00pm. Other services by appointment.
- **Phone:** [614-636-4361](tel:614-636-4361)

[OSU Couple and Family Therapy Clinic](#) - Assists those who are facing relationship problems, and they offer both telehealth sessions.

- **Hours:** email cftclinic@osu.edu or call for scheduling
- **Phone:** [614-292-3671](tel:614-292-3671)

[OSU Suicide Prevention Program](#) - aims to develop a comprehensive, effective, culturally responsive, technologically advanced, and sustainable system of suicide prevention.

- **Email:** Suicidprevention@osu.edu
- **Phone:** [614-688-5829](tel:614-688-5829)

[Psychological Services Center](#) - provides evidence-based treatment for a variety of psychological conditions. Services are free for adults in Central Ohio.

- **Hours:** Monday, Thursday, and Friday, 8:30am to 5:00pm; Tuesday and Wednesday, 8:30am to 7:30pm
- **Schedule:** Call [614-292-2345](tel:614-292-2345) or email ASC-PSY@osu.edu

[STAR Behavioral Health Providers](#) - connects military service members and their families with licensed behavioral health professionals who have specialized training in military culture and treatments shown to be effective with military families.

Mental Health Crisis Resources

[Crisis Text Line](#) - is available 24/7 and offers immediate support from a trained crisis counselor. Great alternative for those who are hesitant to call for support.

- **Hours:** 24/7

Phone: Text 741741

988 Suicide and Crisis Lifeline - Free confidential support for people in distress. Also available in Spanish.

- **Phone:** Text or call [988](#)

Department of Public Safety - They offer resources ranging from Active Aggressor, Rave Guardian, Bug Your Bike, Emergency Plans, and Safety Tips for campus life.

- **Phone:** Emergency - call [911](#)
- Non-Emergency - call [614-292-2121](#)

Academic Resources

Dennis Learning Center - Provides a variety of academic services for students, like free academic coaching,

- **Hours:** Monday to Thursday, 9:00am to 7:00pm, and Friday, 9:00am to 5:00pm
- **Phone:** [614-688-4011](#)
- **Schedule:** [Schedule a Coaching Appointment - Dennis Learning Center](#)

Student-Athlete Support Services Office - Provides assistance in academic, athletic, personal, and professional development.

- **Phone:** [614-292-7088](#)

Center for Study of Teaching and Writing - Offers free help with writing at any stage of the writing process for any member of the university community.

- **Hours:** By appointment
- **Location:** Smith Laboratory (Rm 4132), 174 W. 18th Ave.
- **Phone:** [614-688-5865](#)
- **Schedule:** [Make a Writing Center Appointment - Center for the Study and Teaching of Writing](#)

Math and Stats Learning Center - Provides support for mathematics and statistics students by undergraduate peer tutors and teaching assistants who give students individual attention and share their own learning experiences.

- **Hours:** Schedule appointments through the website

- **Phone:** [614-688-3157](tel:614-688-3157)

General Resources

[Off-Campus and Community Services](#) - offers a list of resources that can help students get acclimated within the community. Examples of resources include Commuter resources, roommate ads, off-campus housing searches, and information on how to best guarantee home safety.

- **Hours:** Monday to Friday, 8:00am to 5:00pm
- **Phone:** [614-292-0100](tel:614-292-0100)

[Disability Services](#) - Collaborates with and empowers students who have disabilities in order to coordinate support services and programs that enable equal access to education and university life.

- **Hours:** By Appointment: Monday to Friday, 8:00am to 5:00pm
 - Drop-In Hours: Monday to Friday, 10:00am to 1:00pm, and 2:00pm to 4:00pm
- **Phone:** [614-292-3307](tel:614-292-3307)

[Office of International Affairs](#) - provides innovative cross-cultural interactions through teaching, learning, and outreach, collaborates with international constituencies, and advances new knowledge to integrate and elevate a globally engaged Ohio State.

- **Phone:** [614-292-6101](tel:614-292-6101)

Food and Nutrition Resources

[Buckeye Food Alliance](#) - provides fresh produce, pantry staples, meat and dairy products, personal care items, and more to all Ohio State Students.

- **Location:** Younkin Success Center
- **Phone:** [614-688-2508](tel:614-688-2508)
- **Hours:** Monday to Thursday, 10:00am to 2:00pm. Closed on Friday.

[Student Food Pantry \(Newark Campus\)](#) - provides non-perishable food to students in need at the Ohio State Newark campus. Student ID is required for access.

- **Location:** John L. and Christine Warner Library and Student Center, Room 233

- **Phone:** [740-364-9578](tel:740-364-9578)
- **Email:** campuscornerpantry@osu.edu
- **Hours:** Monday to Friday, 8:30am to 4:30pm

Nutrition Coaching - free nutritional coaching for all Ohio State students who want to enhance their health and well-being! Coaching can consist of meal planning, grocery shopping, dining plans, body image and disordered eating, health conditions, and more!

- **Location:** RPAC, room B130
- **Hours:** By appointment
- **Schedule:** Call [614-292-4321](tel:614-292-4321) or email shs@osu.edu

Military-Connected Resources

Military and Veteran Services Office - is the university's single point of contact for all military and veterans' services and concerns. The office strives to ensure the academic success of Ohio State's student-veterans.

- **Phone:** [614-247-VETS](tel:614-247-VETS)
- **Email:** milvets@osu.edu

Military-Connected Student Groups

- [Peer 2 Peer](#)
- [Student Veterans of America](#)

Student Advocacy Center - strives to empower students to overcome obstacles they face both in and out of the classroom.

- **Hours:** Walk-in hours: Monday, Tuesday, and Thursday, 10:00am to 2:00pm; and Wednesday and Friday by appointment.
- **Phone:** [614-292-1111](tel:614-292-1111)
- **Schedule:** Call [614-292-1111](tel:614-292-1111) or email advocacy@osu.edu

Veteran's House - a housing option for students who are veterans, active duty, reserves, and National Guard. 10 or 12-month contracts are offered for housing. Contact Military and Veteran Services for more information.

Student Veteran Lounge - the student is an area specifically reserved for military-connected students located in Smith Lab, room 1132. To have access, students will need to sign up with Military and Veterans Services located in the Student Academic Services Building.

Health and Legal Resources

Student Health Services - an accredited outpatient facility providing a variety of health care services to the student population.

- **Hours:** Monday to Friday, 8:00am to 5:00pm. Closed Saturday and Sunday.
- **Phone:** [614-292-4321](tel:614-292-4321)

Student Legal Services - provides students with confidential legal advice and representation for a wide range of legal issues Ohio State students may face.

- **Hours:** Appointments made through the website
- **Phone:** [614-247-5853](tel:614-247-5853)
- **Schedule:** [Student Legal Services at The Ohio State University Online Appointment Scheduler](#)

Career and Finance Resources

Scarlet and Gray Financial Services - peer financial coaching program housed in the Student Wellness Center in the RPAC.

- **Hours:** By appointment or if urgent, email: sgfinancial@osu.edu
- **Phone:** [614-292-4527](tel:614-292-4527)
- **Schedule:** [Student Wellness Scheduler : Online Scheduling](#)

OSU Career Counseling and Support Services - Supports students throughout their professional development, with a focus on connecting them with local, national, and global organizations.

- **Hours:** By appointment through their website or Handshake
- **Email:** careerquestions@osu.edu
- **Virtual Drop-In:** Monday and Tuesday: 3:00-4:00pm, Wednesday and Thursday 9:00-10:00am

Military and Community Resources

General Assistance

[Stonewall Columbus LGBTQ Veterans' Program](#) - assists LGBTQ+ veterans in connecting with resources and by providing general support

[Department of Veteran Services](#) - assists and connects veterans with services all across Ohio.

Housing

VA National Call Center for Homeless Veterans: Call [1-877-4AID-VET \(877-424-3838\)](tel:1-877-4AID-VET)

[VA Homeless Programs](#) - VA resources and assistance for veterans who are or may be at risk of homelessness.

Homeless Veterans Healthcare and Assistance

Local County Veterans Service Office

- Phone: [877-OHIO-VET \(877-644-6838\)](tel:877-OHIO-VET)

Home Loan Assistance

- [VA Loan Office, Cleveland VA Regional Office](#): Call [877-827-3702](tel:877-827-3702)
- [Ohio Heroes Program](#): Call [888-362-6432](tel:888-362-6432)

Columbus VA Homeless Hotline: Call [614-257-5499](tel:614-257-5499)

Education

[GI Bill](#) - More information on the GI Bill

[College Credit for Veterans](#) - Assistance with transferring military experience to college credits

[Veteran Contacts for public college and University](#) - List of public college and university veteran contacts

Military Interstate Children's Compact Commission - Provides support for children transferring between school districts and states, ensuring that their records, course placement, extracurricular participation, and graduation needs are accommodated. (For military children, children of recent military retirees, and service members who died on active duty)

Ohio National Guard Scholarship Program - Provides 100 percent tuition to Army and Air Guard members attending a two- or four-year public college or university (Must complete a three- or six-year enlistment in the Ohio Guard and must be in good standing)

Mental Health

Veteran Crisis Line (Crisis Counseling)

- **Phone:** Call [800-273-8255](tel:800-273-8255) and Press 1 or Text 838255

Vet Center - Provides individual, group, couples, and family counseling to talk through problems, brainstorm solutions, discuss what resources are available, and work with you to create effective and practical plans for your personal growth. Comes at no cost for veterans regardless of discharge character. For veterans who served in a theater of combat.

- **Hours:** Monday to Friday, 8:00am to 4:30pm
- **Phone:** [614-257-5550](tel:614-257-5550)

Star Behavioral Health Providers - Star Providers is an alternative for those who are not interested in receiving mental health services through the VA. Star Providers connects you with licensed professionals within your community who are trained and knowledgeable about military culture and experiences. Star Providers also connects you with professionals who accept several payment methods including private insurance, self-pay, Military OneSource, and even Tricare.

STRIVE - provides free psychological treatment for current service members and veterans for both post-traumatic stress disorder (PTSD) and suicidal thoughts and behaviors (STB).

- **Hours:** Appointments are made through their website
- **Email:** STRIVE@osumc.edu

VA Mental Health Care - provides services ranging from mental health care, addiction and substance use care, PTSD care, suicide prevention, and much more!

- **Phone:** [614-257-5200](tel:614-257-5200), ext. 4285 for mental health care appointments

VA Walk-In Mental Health Care - same-day mental health and psychiatric help available for new and established patients, for those who need immediate assistance.

- **Phone:** [614-257-5200](tel:614-257-5200), ext. 4285
- **Hours:** Monday to Friday, 8:00am to 4:30pm
- **Location:** 420 North James Road, Columbus, OH 43219, First Floor - Chalmers P. Wylie Veterans Outpatient Clinic

Loss Community Services – Loss exists to be an instillation of hope to those bereaved by suicide, empowering survivors so they can thrive. Loss offers 10-week survivor support groups, early bereavement connection, and virtual gatherings.

- **Phone:** [614-530-8064](tel:614-530-8064)
- **Location:** 3040 Riverside Drive, Suite 224, Columbus, OH 43221
- **Email:** Team@losscs.org

Food and Nutrition

Veterans Care Networks – this program provides food security to veterans, among other services like financial security and shelter.

- **Phone:** [614-636-4634](tel:614-636-4634)
- **Hours:** Complete the form on their website to connect with their resources
- **Location:** 3085 Scioto Darby Executive Ct. Hilliard, OH 43026

M.A.S.H. Pantry – provides food security and opportunities to connect with our military community.

- **Phone:** [614-522-1555](tel:614-522-1555)
- **Hours:** Date and Time vary by Location
- **Location:** 2996 Columbus Street, Grove City, Ohio 43123. Other locations are available in Delaware and Chillicothe

Mid-Ohio Food Markets – Mid-Ohio Markets are an exciting new approach to free food markets, enabling customers to access a no-cost, grocery store experience that provides convenient access to the right food, in the right place, and at the right time.

- **Locations and Phone Numbers:**

- 620 Norton Road, Columbus, OH 43228
 - Call [614-782-5514](tel:614-782-5514)
- 3275 Sullivant Ave., Columbus, OH 43204
 - Call [614-905-0977](tel:614-905-0977)
- 1500 E17th Ave, Columbus, OH 43219
 - Call [614-294-6347](tel:614-294-6347)
- 400 Grove St., Columbus, OH 43215
 - Call [614-287-3419](tel:614-287-3419)
- 6475 E. Main St. #101, Reynoldsburg, OH 43068
 - Call [614-604-8878](tel:614-604-8878)

Please see their website for additional information!

Do you know of a trusted resource that we missed?

[Scan the QR code below and submit your resources suggestions!](#)

