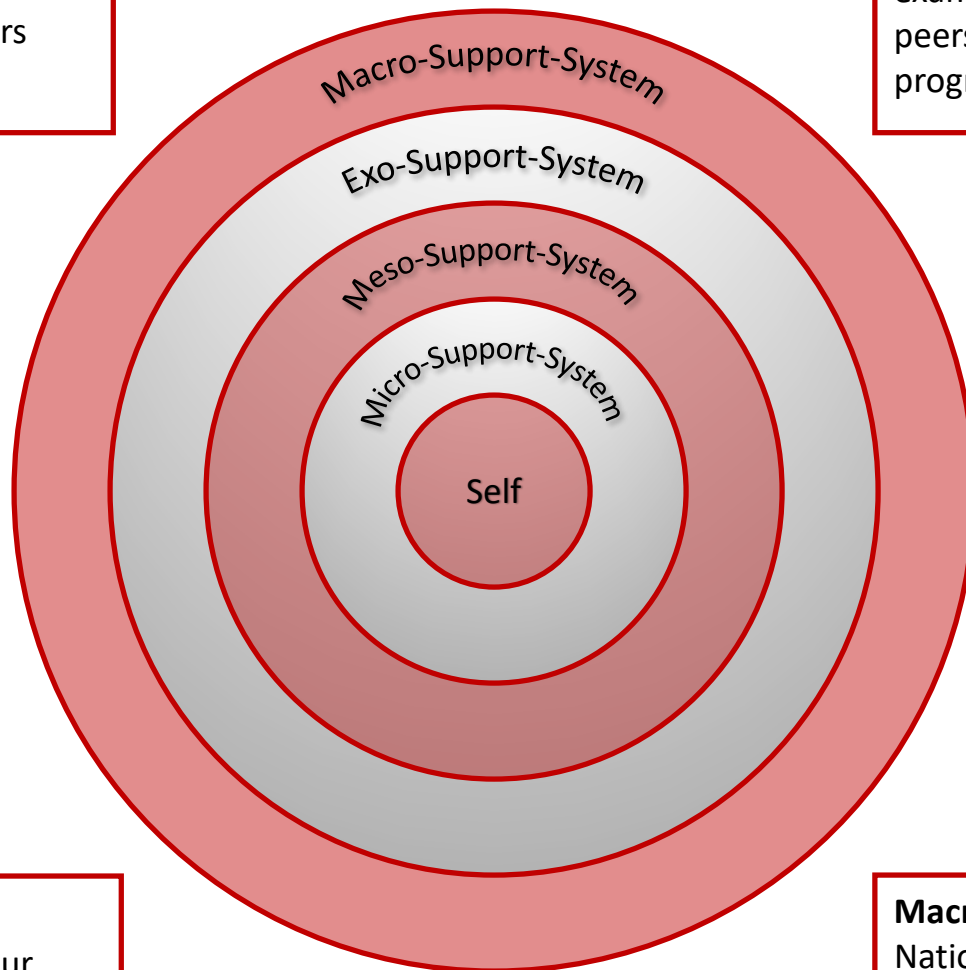


# Understanding Systems of Support

Although it may feel like you are alone or isolated, you are surrounded by systems of support. This handout is designed to assist individuals in visualizing and understanding the options for support available from the individual to the national level.

**Micro-Support:** The people closest to you who can provide emotional support, examples include friends, family, and romantic partners

**Meso-Support:** Resources in your immediate communities (e.g. program, college), examples include peers, classmates, program supports



**Exo-Support:** Resources in your larger communities (e.g. institution, state), examples include mental health agencies, treatment centers

**Macro-Support:** National resources, examples include national mental health organizations, suicide prevention talk and text lines

# Understanding Systems of Support

## Examples of Support Resources

### Micro-Supports

- Family
- Friends
- Romantic partners
- Therapist
- Pets
- Prayer, spiritual/religious figure
- Support groups
- Sponsors
- Mentors

### Meso-Supports

- Embedded Counselor
- Program Chair
- Department Head, Dean
- Faculty or advisors
- Teaching Assistants
- Cohort, classmates, peers
- Internal student organizations
- Principal Investigators
- Staff and administrators
- Social events and advocacy
- Mentors

### Exo-Supports (Community)

- Mental health clinicians, agencies, and practices
- Mental Health America of Franklin County
- Emergency rooms
- Support groups
- 12-step programs
- Addictions treatment facilities
- Eating disorder treatment facilities
- Church, synagogue, mosque, etc.
- Religious organizations, groups, leaders
- Shelter resources
- Political advocacy groups
- Grassroots organizations
- Community events, advocacy
- Local suicide prevention lifeline 614-221-5445

### Exo-Supports (OSU)

- OSU Mental Health and Wellness:
  - Suicide Prevention Program and RUOK?
  - Counseling and Consultation Services
  - Psychological Services Center
  - Couple and Family Therapy Clinic
  - Career Counseling and Support Services
  - Student Wellness Center
  - Stress Management and Resiliency Training Center
  - Wilce Student Health Center
  - Wexner Medical Center
  - Collegiate Recovery Community
- OSU Academic Support:
  - Dennis Learning Center
  - Math and Stats Learning Center
  - Center for Study of Teaching and Writing
  - Younkin Success Center
- OSU Additional Resources
  - Student-Athlete Support Services
  - Multicultural Center
  - Office of Disability Services
  - Office of Diversity and Inclusion
  - Office of International Affairs
  - Military and Veterans Services
  - Student Advocacy Center
  - Student Legal Services
  - Scarlet and Gray Financial

### Macro-Supports

- American Foundation for Suicide Prevention
- American Association of Suicidology
- Suicide Prevention Resource Center
- Jed Foundation
- National Suicide Prevention Lifeline 1-800-273-8255
- National Crisis Text Line 741741
- National Veterans Crisis Line 1-800-273-8255, press 1
- National Veterans Crisis Text Line 838255
- Rape, Abuse, and Incest National Network
- The Trevor Project Crisis Line 1-866-488-7386
- The Trevor Project Crisis Text Line 678678
- Substance Abuse and Mental Health Services Administration
- National Alliance on Mental Illness
- National Institute for Mental Health
- Gay and Lesbian Alliance Against Defamation
- Human Rights Campaign
- Department of Veterans Affairs
- National Domestic Violence Hotline 1-800-799-7233
- National Association for the Advancement of Colored People