

Counseling and Consultation Service



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Director



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE



Agenda

1. Student Mental Health and Well-being
2. Using Resources at Ohio State
3. Culture of Care



Causes of Mental Health Concern



Biological

- Inherited traits
- Brain chemistry
- Medical conditions

Behavior

- Poor sleep
- Substance abuse
- Poor nutrition
- Lack of physical activity

Social

- Relationship problems
- Trauma
- Exclusion
- Loss
- Lack of social support
- Oppression and marginalization



Mental Health Impacts of Racism

“The AMA recognizes that racism negatively impacts and exacerbates health inequities among historically marginalized communities.”

Willarda V. Edwards, MD, MBA

American Medical Association Board Member

“We are living in a racism pandemic, which is taking a heavy psychological toll.”

Sandra Shullman, PhD

President of American Psychological Association

Used with permission from Iowa State University's “Emerging from a Pandemic”



A Range of Needs and Options

Multimodal resources for mental health-related concerns are provided to meet a student's need with a service that matches.



If Students are Experiencing...

Mild, Common and Developmental Concerns

- Homesickness
- Not participating or regular disagreements
- Mild changes in mood
- Feelings of being overwhelmed
- Procrastination
- Test anxiety
- Adjustment to a new environment
- Problems making friends
- Friction with an instructor
- Being excluded



Resources

- CCS workshops
- Dennis Learning Center
- Let's Talk
- Wellness Coaching



If Students are Experiencing...

Moderate

- Excessive absences
- Significant increase or decrease in sleep/appetite
- Increase in use of drugs and/or alcohol
- Panic attacks
- Not taking care of self/neglecting personal hygiene
- Withdrawing from friends and family
- Frequent crying spells
- Anxiety or mood changes significantly interfering with life
- Ongoing interpersonal problems



Resources

- CCS (phone consultation)
- Psychological Services Center
- Couple and Family Therapy Clinic
- Wilce Student Health
- Student Advocacy
- Disability Services
- Harding Hospital Outpatient Clinic
- Community Provider Database

Use multiple resources while getting connected.



Severe and Urgent Concerns

Behaviors

- Violence
- Unpredictable angry outbursts
- Inability to communicate clearly
- Suicidal or homicidal thoughts
- Loss of contact with reality
- Extensive and dangerous substance use
- Unable to take care of basic needs

Events

- Hazing
- Unwanted sexual experience
- Assault
- Hate Crime
- Recent grief and loss
- Legal or conduct consequences



Resources

- OSU Wexner Medical Center Emergency Department
- OSU Police Department (614-292-2121)
- Suicide Prevention Lifeline 988
- Text 4hope to 741741
- Counseling and Consultation Service provides crisis consultation for students by calling 614-292-5766
 - ✓ Urgent screening at CCS by appointment
 - ✓ If calling outside regular office hours, press “2” to be connected to a counselor

If you or someone you know is in an imminent danger to themselves or someone else, go to the nearest ER or call 911.



Find Resources

Quick and Available Resources

[Go.osu.edu/CCSonDemand](https://go.osu.edu/CCSonDemand)

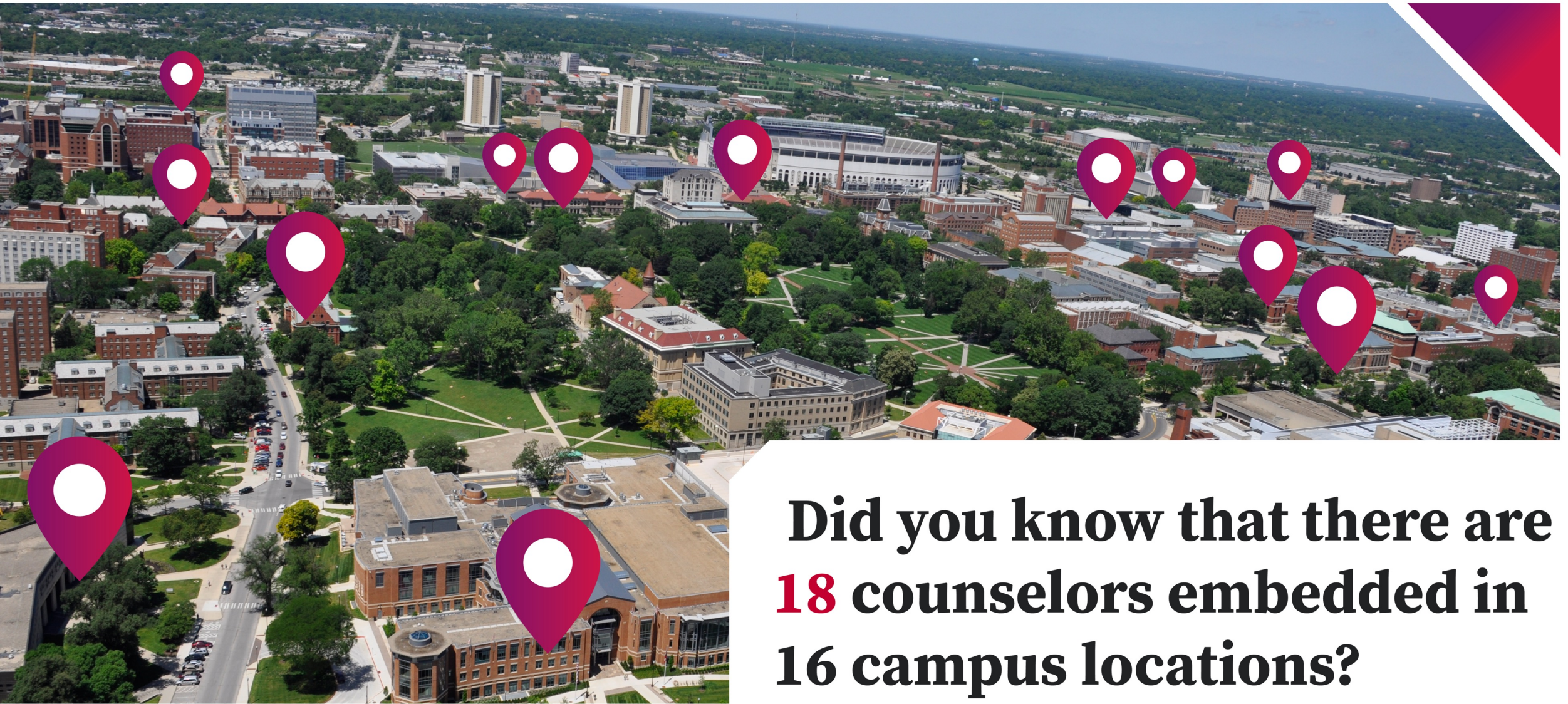
Comprehensive List

[Go.osu.edu/MyMentalHealth](https://go.osu.edu/MyMentalHealth)

Resource Finding Tools

- Ohio State App Wellness Section

<https://digitalflagship.osu.edu/handbook/ch3/ohio-state-wellness-app>



**Did you know that there are
18 counselors embedded in
16 campus locations?**



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Embedded Clinicians:

College of Arts and Sciences

College of Dentistry

College of Engineering

College of Food, Agricultural,
and Environmental Sciences

College of Nursing

College of Optometry

College of Pharmacy

College of Public Health

College of Social Work

Fisher College of Business

Moritz College of Law

Office of Diversity and Inclusion

Student Life Housing and
Residence Education

Student Life Student
Health Services

Student Life Center for
Belonging and Social Change

Find more information about your
embedded counselor at
go.osu.edu/CCSEmbeddedProgram





A Culture of Care

What can you do to support your community?

Education –

- Teach knowledge and important skills that inspire confidence for reaching out to those who may be in distress

Advocacy –

- Raise awareness about mental health with an emphasis on reducing stigma and other social barriers

Outreach –

- Create opportunities to invite people to connect with resources they might not have access to or otherwise know about



Questions and Engaged Discussion





CCS Contact Information

- 4th Floor, Younkin Success Center
- 10th Floor, Lincoln Tower
- 614-292-5766
- <https://ccs.osu.edu>