Counseling and Consultation Service

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Director
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 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

Comprehensive List
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?
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