# YOU HAVE OPTIONS





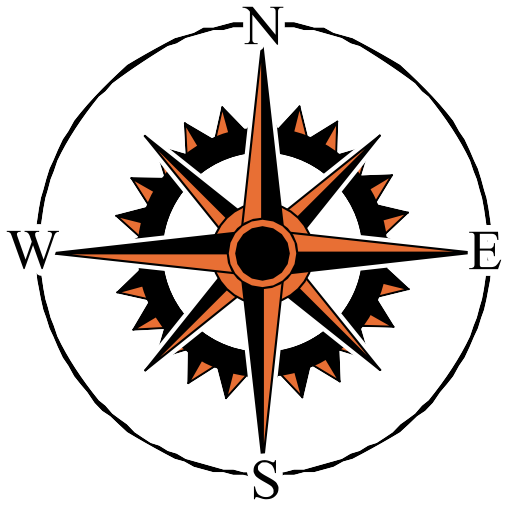
## University Counseling Services

One-on-one confidential counseling sessions located on campus for students. Appointments made at 918-561-1822 or

medicine.okstate.edu/wellness/student-wellness/resources

## TimelyCare

TimelyCare is a virtual health and well-being platform designed for college students. It offers 24/7/365 access to mental health support, medical care, and self-care tools — all at no cost to students. Services include on-demand support, scheduled visits, and wellness resources. No insurance required. medicine.okstate.edu/wellness/student-wellness/timelycare



## Wellness Support Team

The Wellness Support Team (WST) is able to quickly triage students, residents,

and employees, utilize diffusing techniques, and provide immediate assistance by offering helpful resources and arranging plans for support through a time of need.

To submit a care report, go to

medicine.okstate.edu/wellness/student-wellness/resources

## 1 is 2 Many

OSU is committed to providing a safe environment for our students, the 1 is 2 Many program is designed to raise awareness about and prevent domestic violence, sexual harassment and sexual violence. If you would like to receive help or to make a report, go to medicine.okstate.edu/hr/1is2many/