# 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

## BetterHelp Virtual Counseling

The Department of Wellness and University Counseling Services have now partnered with BetterHelp to offer virtual and/or message-based counseling services to OSU CHS Students. To access your 6 FREE sessions, go to medicine.okstate.edu/wellness/student-wellness/better-help



## 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/