

## FSU Campus Resources

Health & Wellness		
<p><b>University Health &amp; Wellness</b>  <a href="https://uhs.fsu.edu">https://uhs.fsu.edu</a>            850-655-6230</p>	<p>Primary Care Physicians, immunizations, allergy shots, physical therapy, women’s health, dental and chiropractic care, lab services, psychiatry, medication management</p>	<p>Students and recent graduates</p>
<p><b>CHAW -Center for Health Advocacy and Wellness</b>  <a href="https://chaw.fsu.edu">https://chaw.fsu.edu</a>            850-655-8871</p>	<p>Nutrition, Sexual health, Smart Choices (Alcohol/drug harm-reduction), Tobacco Cessation, Consultations, presentation and wellness coaching. See website for full services: <a href="http://chaw.fsu.edu">chaw.fsu.edu</a></p> <ul style="list-style-type: none"> <li>● Nutrition: <a href="https://chaw.fsu.edu/services/nutrition">https://chaw.fsu.edu/services/nutrition</a> – Coaching or meeting with a Registered Dietitian Nutritionist (RDN). 850-644-4567</li> <li>● Sexual Health: <a href="https://chaw.fsu.edu/services/sexual-health">https://chaw.fsu.edu/services/sexual-health</a> HIV and STI testing and educational consultations related to healthy relationships, contraception, etc.</li> <li>● Collegiate Recovery Community: <a href="https://chaw.fsu.edu/services/lift">https://chaw.fsu.edu/services/lift</a> Sober living community for recovery from addiction</li> </ul>	<p>Students</p>
<p><b>FSU Resilience Project</b>            sponsored by the college of Social Work  <a href="https://Strong.fsu.edu">https://Strong.fsu.edu</a></p>	<p>Online multimedia prevention program designed to strengthen student emotional and academic coping. Connects students with FSU and community resources and destigmatize mental health issues and encourage help-seeking</p>	
<p><b>Emotional Support Animal Providers List</b>  <a href="https://uhs.fsu.edu/sites/g/files/upcbnu1651/files/docs/Emotional%20Support%20Animal%20Providers%20(1).pdf">https://uhs.fsu.edu/sites/g/files/upcbnu1651/files/docs/Emotional%20Support%20Animal%20Providers%20(1).pdf</a></p>		<p>Anyone</p>
<p><b>ADHD Testing Process and Supports:</b>  <a href="https://uhs.fsu.edu/sites/g/files/upcbnu1651/files/docs/ADHD%20Testing%20Process%20%281%29.pdf">https://uhs.fsu.edu/sites/g/files/upcbnu1651/files/docs/ADHD%20Testing%20Process%20%281%29.pdf</a>  <b>ADHD System of Care</b>  <a href="https://uhs.fsu.edu/sites/g/files/upcbnu1651/files/docs/ADHD%20System%20of%20Care.pdf">https://uhs.fsu.edu/sites/g/files/upcbnu1651/files/docs/ADHD%20System%20of%20Care.pdf</a></p>		<p>Anyone</p>

Counseling, Assessment and other Therapeutic Services	Description	Population Served
<b>Counseling &amp; Psychological Services</b> 850-644-TALK (8255) <a href="https://Counseling.fsu.edu">https://Counseling.fsu.edu</a>	Individual, Group and Couples Therapy, psychological assessment, referral information, psychoeducational workshops and outreaches	Students
<b>Human Services Center</b> <a href="https://education.fsu.edu/hsc">https://education.fsu.edu/hsc</a> 850-644-3857	Individual, Couples and Family therapy . Center is available from January through July.	Students & Community
<b>Center for Couple and Family Therapy:</b> <a href="https://humansciences.fsu.edu/ccft/">https://humansciences.fsu.edu/ccft/</a> 850-644-1588	Individual, Couples, family, and group therapy	Students & Community
<b>FSU Psychology Clinic</b> <a href="https://psy.fsu.edu/php/about/communityservice/psychologyclinic/psychologyclinic.php">https://psy.fsu.edu/php/about/communityservice/psychologyclinic/psychologyclinic.php</a> 850-644-3006	Services provided by doctoral students in the Clinical Psychology program under supervision of licensed psychologists. They provide psychological assessments and treatment.	Students & Community
<b>Adult Learning and Evaluation Center (ALEC)</b> <a href="https://education.fsu.edu/alec">https://education.fsu.edu/alec</a> 850-644-3611	Their services focus on evaluations for learning disabilities and ADHD. They provide evaluations as well as ADHD coaching	Students & Community
<b>The Career Center</b> <a href="https://career.fsu.edu/">https://career.fsu.edu/</a> 850-644-6431	Provide career counseling, resume assistance, mock interviews, and other services related to career development. Includes and interview clothing closet for individuals in need of interview appropriate attire.	Students & Community
<b>Employee Assistance Program</b> <a href="https://eap.fsu.edu">https://eap.fsu.edu</a> 850-644-2288 877-246-4679	Brief Intervention & Short term counseling, supervisor consults, organization development, mediation, debt management, Emergency Loan fund	FSU Employees

Student Support Services	Description	Availability
<p><b>Case Management Services</b>  <a href="https://dsst.fsu.edu/cms">https://dsst.fsu.edu/cms</a>            850-644-9555</p>	<p>Emotional Support, advocacy, referrals, outreach to students in distress or who have experienced a crisis, academic support and other letters of support, consultation with faculty/staff to support a student in distress, presentations and trainings on how to support students in distress, individual meetings with students and follow-ups as needed. Assistance with mental health or medical course drop and withdrawal process.</p>	<p>Students, resources for staff</p>
<p><b>Victim Advocate Program</b>  <a href="https://dsst.fsu.edu/vap">https://dsst.fsu.edu/vap</a>            850-756-4320            (24 hour hotline available for confidential services)</p>	<p>A confidential advocate is on call 24-hours a day to respond to urgent needs. Services include emotional support, instructor notification, referrals, crisis intervention, assistance in student conduct, legal and medical matters.</p>	<p>Students, Faculty, Staff, visitors</p>
<p><b>Office of Accessibility Services</b>  <a href="https://dsst.fsu.edu/oas">https://dsst.fsu.edu/oas</a>            850-644-9566</p>	<p>Ensures universal access to FSU students with academic, housing, dining accommodations, testing support, assistive technologies,</p>	<p>Students</p>
<p><b>College Life Coaching</b>  <a href="https://www.advisingfirst.fsu.edu/college-life-coaching">https://www.advisingfirst.fsu.edu/college-life-coaching</a>            850-645-2847</p>	<p>Coaches meet with students one on one every two weeks for the academic year to assist students with development and success. They work with other campus departments to support students personally, academically and professionally.</p>	<p>Students</p>
<p><b>RENEW</b>  <a href="https://counseling.fsu.edu/students/renew">https://counseling.fsu.edu/students/renew</a>  <a href="mailto:renew@fsu.edu">renew@fsu.edu</a>            Located out of Counseling and Psychological Services:            850-644-TALK (8255)</p>	<p>Mental health advocacy and peer-education providing outreach, presentations and individual instructional sessions on emotional health and wellness (adulting 101/stress management, healthy communication, life transitions, self-esteem, study skills, time management, etc)</p>	<p>Students</p>
<p><b>Campus Study Spaces.</b>  <a href="https://www.lib.fsu.edu/Fall2020StudySpaces">https://www.lib.fsu.edu/Fall2020StudySpaces</a></p> <p><b>Tutoring through University Libraries.</b>  <a href="https://www.lib.fsu.edu/tutoring/online-tutoring">https://www.lib.fsu.edu/tutoring/online-tutoring</a></p>		

<p><b>Withdrawal Services</b>  <a href="https://dsst.fsu.edu/withdrawal">https://dsst.fsu.edu/withdrawal</a>  850-644-1741</p>	<p>Support for students when enrollment is unexpectedly interrupted due to unforeseen circumstances (personal, family, medical, or mental health reasons). The Dept of Student Support and Transitions assists with the withdrawal/ course drop process</p>	<p>Students</p>
<p><b>Food for Thought Pantry</b>  <a href="https://dsst.fsu.edu/resources/food-for-thought-pantry">https://dsst.fsu.edu/resources/food-for-thought-pantry</a>  In the Department of Student Support &amp; Transitions  850-644-2428  <b>Other Food pantries</b> in Tallahassee:  <a href="https://dsst.fsu.edu/sites/g/files/upcbnu1476/files/documents/January2020_TallahasseePantryReferrals.pdf">https://dsst.fsu.edu/sites/g/files/upcbnu1476/files/documents/January2020_TallahasseePantryReferrals.pdf</a></p>	<p>Food pantry services available to students. Check web information for current procedures related to COVID-19</p>	<p>Students  Community</p>
<p><b>Reporting concerning behavior or incidents to FSU</b>  <a href="https://report.fsu.edu">https://report.fsu.edu</a>   (For any emergencies requiring immediate attention, call FSU PD at 850-644-1234)</p>	<p>Report information regarding incidents or concerning behavior happening in the FSU community: Sexual misconduct or stalking, concerning behavior, ADA/Accessibility issues, hazing, behavioral issues in Canvas courses, non-academic conduct violations, on-campus housing incidents, acts of discrimination, student organization violations (non-hazing), zoom security violation, or refer a student for academic skills assistance.</p>	<p>Anyone</p>