

# YOU HAVE OPTIONS



UNIVERSITY COUNSELING  
SERVICES



## TAO Self-Help / [thepath.taoconnect.org](http://thepath.taoconnect.org)

Therapy Assistance Online is available to anyone at OSU with a working @okstate email address.



## Call SAM / 855-225-2SAM (2726)

Call SAM (Student Assistance by Mercy) has licensed counselors available 24 hours a day, seven days a week to respond to crises, and provide referrals and consultations.



## MD Live

Students on the wait list are eligible for five free sessions with a licensed counselor via video or phone.



## Walk-in Clinic / 320 Student Union

The Walk-in Clinic is open Monday-Friday, 10 a.m. to 3 p.m. It's free to students and involves meeting with a counselor for a brief session to answer questions and/or complete an intake.



## Reboot Center / 320W Student Union

The Reboot Center is a quiet, inviting space to help calm your mind and body.

## MENTAL HEALTH SERIES

Each semester, UCS counselors hold weekly educational sessions about different mental health concerns you may be struggling with. Upcoming mental health series information can be found at [okla.st/mentalhealthseries](http://okla.st/mentalhealthseries).



[ucs.okstate.edu](http://ucs.okstate.edu)  
405-744-5458

# CAMPUS RESOURCES

Student Counseling Center / 405-744-5458

320 Student Union, Monday-Friday, 8 a.m.-5 p.m.

First four sessions are free, then it's \$10 per session.

Alcohol & Substance Abuse Center / 405-744-5458

320 Student Union, Monday-Friday, 8 a.m.-5 p.m.

First four sessions are free, then it's \$10 per session.

Counseling & Counseling Psychology Clinic / 405-744-6980

111 Public Information Office (PIO)

Individual counseling: weekly sessions with no overall session limit. For students, the first four sessions are free, then it's \$10 per session.

Center for Family Services / 405-744-5058

101 Human Sciences West, Wednesdays & Thursdays, 5 p.m. to 9 p.m.

First four sessions are free, then it's \$5 per session.

Psychological Services / 405-744-5975

118 N. Murray Hall, Monday-Friday, 8 a.m.-5 p.m.

The initial intake is \$10, then counseling session fees are based off income. (\$10 minimum)

University Health Services / 405-744-7665

1202 W. Farm Road, Monday-Friday, 8 a.m.-5 p.m.

Medical and psychiatric care.

Fees vary. Health insurance is accepted.

\*prices are subject to change



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## Additional Contacts

OSU Police / 405-744-6523

OSU Sexual Assault Advocates / 405-564-2129

Wings of Hope Crisis Line / 405-624-3020

National Suicide Prevention Lifeline / 800-273-8255

Grand Lake Mental Health Center / 405-372-2202

24/7 Crisis Line / 800-722-3611