

# YOU HAVE OPTIONS



UNIVERSITY  
COUNSELING SERVICES



## Walk-in Clinic

315 Student Union | 405-744-5472

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 screening to answer questions and learn more about services.



## 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.



## betterhelp

[okla.st/betterhelp](https://okla.st/betterhelp)

OSU students receive six free virtual or text-based counseling sessions through BetterHelp. Contact University Counseling Services for more information.



## togetherall

[okla.st/togetherall](https://okla.st/togetherall)

A free, safe and anonymous online community where you can share what's on your mind.



## Reboot Center

320W Student Union | Monday – Friday 9 a.m. - 4 p.m.

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



## UCS Podcast

[okla.st/counselingpodcast](https://okla.st/counselingpodcast)

The UCS Podcast features UCS Clinical Counselors and interns that offer tips and strategies to support your mental and emotional well-being.



[ucs.okstate.edu](https://ucs.okstate.edu)

# CAMPUS RESOURCES

## **Student Counseling Center | 405-744-5458**

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

First six sessions are free, then it's \$15 per session.

## **Alcohol & Substance Abuse Center | 405-744-5458**

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

First six sessions are free, then it's \$15 per session.

## **Counseling & Counseling Psychology Clinic | 405-744-6980**

111 Public Information Office (PIO), Contact for Hours

For students, the first five sessions are free, then it's \$10 per session. Sliding scale for OSU faculty, staff, & community members.

## **Marriage and Family Therapy Clinic | 405-744-5058**

101 Nancy Randolph Davis West, Contact for Hours

Counseling service fees are based off income.

## **Psychological Services Center | 405-744-5975**

118 Psychology Building, Contact for Hours

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 Subject to Change*

## **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 | 1-800-273-8255

Suicide & Crisis Lifeline | Dial 988

Grand Mental Health Center | 405-372-2202

24/7 Crisis Line | 800-722-3611



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