

Resources for Faculty

The first step to helping a student is recognizing signs that they may be struggling. These can include, but are not limited to:

1. Changes in sleeping and eating patterns.
2. Changes in communication patterns.
3. Changes in observable hygiene.
4. Changes in quantity or quality of work, especially if falling significantly behind or failing.
5. Changes in demeanor especially if becoming increasingly angry or withdrawn.
6. Expressed statements of struggle such as the student sharing feelings of hopelessness or feelings of giving up. If a student expresses feelings of suicide, please report this as soon as possible.

Know that it may be harder to identify students that are struggling when you don't see them every day. [Here are some suggestions](#) for recognizing signs while at a distance. A brief personal message showing students you care can go a long way.

Meet individually with each of your graduate students to [listen to their concerns](#) openly. We suggest you check in with your students regularly and note whether there are abnormal interactions that can help you to identify struggles early on. If a student mentions having challenges outside of your expertise or control, we encourage you to provide additional resources that may be helpful.

Counseling and Consultation Services - 614-292-5766

CFAES Embedded Mental Health Counselors can be reached at the CCS phone number and request the counselor you are trying to reach. They can be contacted directly via email.

- David Wirt (Columbus) – wirt.9@osu.edu
- A. Schaad (Wooster) – schaad.15@osu.edu

Students do not need health insurance, nor is there an out-of-pocket charge when utilizing Ohio State University's Counseling and Consultation Services, which includes our embedded counselors.

If you recognize a student is struggling and are unsure how to respond, please don't hesitate to contact David Wirt or A. Schaad, they can help identify a path forward. If you have questions about advising techniques, resources that are available for faculty or would like more information about mentoring at a distance, contact [Kayla Arnold](#), the CFAES Graduate Education Program Manager.

For urgent consultation, call Counseling and Consultation Services at 614-292-5766 and request a call back from the first available clinician. Immediate safety concerns involving harm to self or others should be reported to 9-1-1.

Find additional resources about supporting students, visit our [faculty and staff](#) page.

Template for referring student to CFAES mental health care

Ohio State Counseling and Consultation Services has Mental Health Counselors available to meet with students having mental or behavioral health concerns. David Wirt and A. Schaad are the Embedded Mental Health Counselors within The College of Food, Agricultural, and Environmental Sciences and are available for in-person and virtual appointments.

David's office is in the Agricultural Administration Building Room 100Y in Columbus and A. Schaad is at 112 Fisher on the Wooster Campus. Both are available to meet with students by appointment Monday thru Friday between the hours of 8:00 AM and 5:00 PM.

A phone screening can be set up online at <https://go.osu.edu/phonescreening>. During this screening, the person assisting you will ask a few questions to help determine the appropriate resources for you. You can also get started by calling 614-292-5766 and ask to schedule a triage appointment. You will be scheduled a time to talk via telephone with a CCS clinician. When you call, mention you are in CFAES and ask about scheduling ongoing appointments with David Wirt or A. Schaad.

If your situation is urgent, please call the Counseling and Consultation Services main desk at 614-292-5766 and let them know you are calling regarding an urgent need.

If your situation involves feelings of threat of safety to yourself or others, please call 9-1-1 immediately or go to your nearest emergency room.

[Guide to assisting distressed individuals](#)

OSU Ombuds Services

The Office of Ombuds Services provides an independent, confidential space where faculty members and graduate and professional students can discuss issues and receive informal counsel and advice. The office is staffed by two ombuds, one dedicated to each group (contact info below). The ombuds help explore options and make decisions by gathering information and resources to aid in the process. They also guide faculty and graduate and professional students in identifying and reframing issues. The ombuds help develop solutions and strategies to resolve conflict by thinking creatively and working with the faculty or student to empower them with the tools to solve problems themselves. In some cases, the ombuds might informally mediate and facilitate communication among the parties involved.

While the ombuds do not take sides in a conflict, they report to university officials any trends emerging from the issues brought to them by faculty and graduate and professional students. They can recommend improvements to policies and procedures and identify persistent sources of conflict. You can find more information on their website: ombuds.osu.edu.

Faculty Ombudsperson

[Mollie V. Blackburn](#)

Professor

Department of Teaching and Learning in the
College of Education and Human Ecology

facultyombuds@osu.edu

[614-247-7310](tel:614-247-7310)

Graduate Student Ombudsperson

[Rebeka Campos-Astorkiza, Ph.D.](#)

Associate Professor

Department of Spanish and Portuguese

gradombuds@osu.edu

[\(614\) 292-4252](tel:614-292-4252)