

Resources for Students

Embedded Clinical Counselor, CFAES Columbus David L. Wirt, M.Ed., LPCC-S Room 100Y, Agricultural Administration Building wirt.9@osu.edu / ccs.osu.edu	Embedded Clinical Therapist, CFAES Wooster A. Schaad, Psy.D 112 Fisher, Wooster Campus Conference Center schaad.15@osu.edu / ccs.osu.edu
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A triage appointment can be set up online at <https://go.osu.edu/phonescreening>. During this phone 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 Counseling and Consultation Services (CCS) clinician. When you call, mention you are in CFAES and ask about scheduling ongoing appointments with David Wirt or A. Schaad.

Services through CCS are provided at no charge to all students enrolled at Ohio State. Additionally, dependents of those students covered by the Ohio State Student Health Insurance Plan are eligible to be seen through CCS.

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. For emergencies, call 9-1-1.

Mental Health

- [David Wirt](#) (Columbus) and [A. Schaad](#) (Wooster), the CFAES embedded mental health counselors. They are available for new consultations and to establish routine care.
- Let's Talk: Informal mental health consultations available via CarmenZoom or phone, **Monday - Friday**.
 - [Sign up for a Columbus session](#)
 - [Sign up for a Wooster session](#)
- [OSU Crisis and Mental Health Resources](#)

Graduate Student Ombudsperson Rebeka Campos-Astorkiza, Ph.D. Associate Professor Department of Spanish and Portuguese gradombuds@osu.edu (614) 292-4252 https://ombuds.osu.edu/gps-resources	CFAES Graduate Education Program Manager Kayla Arnold CFAES Office for Research and Graduate Education 106 Agricultural Administration arnold.1065@osu.edu / grad.cfaes.ohio-state.edu 330-263-3637 Office
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Ombuds Services

- The Office of Ombuds Services provides an independent, confidential space where graduate and professional students can discuss issues and receive informal counsel and advice. The ombuds help explore options and make decisions by gathering information and resources to aid in the process. The ombuds help develop solutions and strategies to resolve conflict by thinking creatively and working with the student to empower them with the tools to solve problems themselves. 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 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/grad-ombuds.

- The Graduate Student Ombuds is **Rebeka Campos-Astorkiza**, who can be reached via email at gradombuds@osu.edu.

Peer Support

- Private Facebook Group – CFAES manages a private Facebook group for graduate students to share resources. Any OSU graduate student may join. The group can be found at: <https://www.facebook.com/groups/651180635642469/>
- The CFAES Graduate Student Advisory Committee exists to provide a voice to graduate students to college leadership. The group works to foster community and build bridges across CFAES graduate programs. If you have concerns or ideas that you would like to bring to the attention of the group, you can email CFAESGSAC@osu.edu.

International Student Resources

- Our CFAES International Programs in Agriculture staff can assist with questions related to international students or scholars. Please reach out to [Poppy Thornton](#) or [Luis Canas](#) who can help direct you.

General

- It is important that you know what to do if you or someone you know is the target of sexual misconduct, discrimination, or harassment based on a protected class. [Reports](#) can be anonymous or not and need to be submitted to the Office of Institutional Equity.
- [Kayla Arnold](#), CFAES Graduate Education Program Manager, is involved with graduate education programming and planning across the college. Don't hesitate to reach out if you have general questions about resources, ideas, or concerns.

External Crisis resources

- [OSU Campus Police](#) non-emergency line: 614-292-2121
 - **For emergencies, including if yours or another life is in danger, call 911**
- Outside of the university, you may contact the [National Suicide Prevention Lifeline](#) anytime, tollfree, via phone (800-273-8255) or [chat](#). (If you call, you can press 2 for Spanish)
- [Columbus, Ohio Suicide Hotline](#): 614-221-5445 and text line (M-F 12pm-10pm) 614-221-5445
- [Crisis Text Line](#): Text "START" to 741-741
- [The Trevor Project - LGBTQ+ Youth Hotline](#): 1-866-4-U-TREVOR
- [Military Veterans Suicide Hotline](#): 1-800-273-TALK (Press 1)
- [National Alliance on Mental Illness](#)
- [Rape, Abuse and Incest Nation Network \(RAINN\)](#): 1-800-656-HOPE (1-800-656-4673)
- [Sexual Assault Response Network of Central Ohio 24/7 Rape Helpline](#): 614-267-7020
- Sexual Assault & Domestic Violence Hotline (local to Wooster, 24hr) (330)-263-1020 or (800) 686-1122