

# WELLNESS & SUPPORT RESOURCES

This guide is intended to assist students, faculty members, and staff in quickly identifying appropriate campus resources to meet individual student needs. Use the hyperlinks and information to navigate to specific resources and offices to learn more.

**\*In the case of an emergency, please call Emory Police at 404-727-6111 or 911.**

## COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

 404.727.7450

### Counseling Services

**Individual counseling sessions** Up to 8 free sessions with a counselor are available per academic year (if clinically appropriate.)

**Drop-in consultation sessions** The "Let's Talk" Program is an informal, free, confidential consultation service with a clinician. Consultations are typically 15-minutes and are not a substitute for individual counseling.

**Group counseling** Interpersonal process, identity-based, and topic-specific groups are offered each term.

**Couples counseling** This service is available if both partners are Emory-enrolled students.

**Crisis Walk-in appointments** Walk-in hours are M-F, 8:30 am-3:30 pm (walk-in appts. do not count toward 8 scheduled sessions).

### Drop-In Workshops

Unlimited, single topic, and group workshops are available.

### Skills Workshops

Topics include stress clinic and coping with difficult thoughts and feelings.

### Referrals to Off-Campus Providers

Use the online **ThrivingCampus** platform to search for off campus providers that meet specific needs and preferences.

### TimelyCare

24/7 free TalkNow services are available anytime, as well as free scheduled counseling (up to 12 sessions per academic year).

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**On-campus health care providers** offer multiple physical health specialties and psychiatric services.

### Emory Student Telehealth

**833.484.6359; online login will be more direct**

- This service is provided by TimelyMD.
- Students can access this service anytime, anywhere.
- **Virtual health appointments** give you access to mental health professionals 24/7 via **TalkNow**.

## STUDENT HEALTH SERVICES (SHS)

 404.727.7551

# WELLNESS & SUPPORT RESOURCES

## STUDENT CASE MANAGEMENT & INTERVENTION SERVICES (SCMIS)

 404.727.4193

### Student Intervention Services

404.430.1120

To receive immediate help for a student in distress, faculty, staff, and students can speak to a clinical social worker 24/7 by calling 404.430.1120.

To request a consultation for students **needing assistance related to any concern**, faculty, staff, and students can email [sisteam@emory.edu](mailto:sisteam@emory.edu), or submit a student of concern form. Emails and forms will require time for routing and response. LGS faculty, staff, and students can reach out to the student affairs team at [lgs.studentaffairs@emory.edu](mailto:lgs.studentaffairs@emory.edu).

### Food Pantry

SCMIS Eagle Food Co-op has partnered with Bread Coffeehouse to offer a food pantry and hygiene items free of charge to all Emory students.

Fill out an appointment and dietary restrictions form 24 hours ahead of the desired pick-up time. For questions, contact Co-op Coordinator, Kierra Adams: [kierra@breadcoffeehouse.org](mailto:kierra@breadcoffeehouse.org) or [eaglefoodcoop@breadcoffeehouse.org](mailto:eaglefoodcoop@breadcoffeehouse.org).


### Food Security Safeguard Program

The Food Security Safeguard Program (FSSP) in partnership with SCMIS is designed to assist any student with immediate food security needs on the Atlanta campus.

Fill out an FSSP request form to receive three meal swipes at Dobbs Common Table.

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## OMBUDS OFFICE

 404.727.1531

**Assistance navigating interpersonal conflicts** including improprieties or unfairness are offered, as well as guidance on University policies and procedures.

**Informal mediation** through facilitated discussions for individuals experiencing interpersonal issues are provided.

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## BIAS INCIDENT REPORTING

**Report language or action that demonstrates** bias against one's protected characteristics. Bias incidents include, but are not limited to, name-calling, stereotyping, belittling, or excluding others based on their identity. Some, but not all, bias incidents may rise to the level of discriminatory harassment, sexual misconduct, or other violations of policy or law.



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# WELLNESS & SUPPORT RESOURCES

## OFFICE OF SPIRITUAL & RELIGIOUS LIFE

 404.727.6226

**Connect to communities** through a diverse array of spiritual traditions on campus and in the vibrant interfaith city of Atlanta.

**Office of Spiritual and Religious Life** offers Programs, Services, and Sacred Spaces to the Emory community. A team is available to support religious and philosophical communities and interfaith engagement.

## OFFICE OF HEALTH PROMOTION

 404.727.1000

**Educational resources** are available for students who are concerned about themselves, a friend, a roommate, or a loved one struggling with **alcohol and substance-related issues**.

**Mental well-being** programs, education, and resources specifically on mindfulness and sleep improvement are offered.

**Sexual health** education, resources, and services including safer sex supplies and free HIV testing can be found here.

## OFFICE OF DIVERSITY, EQUITY & INCLUSION

 404.727.9867

### **Title IX Coordinator for Students**

**404.727.4079 | [Learn more on how to file a report](#)**

Report sexual harassment and misconduct that may violate Title IX law and Emory policy.

Impacted parties can learn about formal and informal resolution options.

### **Department of Accessibility Services**

**404.727.9877**

Request a consultation for accommodations, including short term or injury-related accommodations.

## OFFICE OF RESPECT

 470.270.5360

Help, advocacy, and support for students impacted by sexual harassment, sexual assault, or partner violence is available.

Training, programs, and events are provided to educate the Emory community on sexual harassment prevention.

## FINANCIAL RESOURCES

[Laney Graduate School Emergency Loan Student Hardship Fund](#) provides up to \$500 to students for needs due to unexpected events  
[Office of Financial Aid](#)

## ADDITIONAL RESOURCES

LGS ["Student Support Services"](#) webpage

Campus Life ["Get Support"](#) webpage