University Resources Supporting Community Well Being

- <u>Saint Louis University Well-Being</u> resource page.
- Employee Assistance Program (EAP): Faculty and staff can arrange professional counseling through SLU's <u>Employee Assistance Program</u> by calling 800-859-9319.
- Campus Ministry: The Eckelkamp Center for Campus Ministry can be reached at 314-977-2425, or by emailing campusministry@slu.edu. Campus Ministry's doors are always open for anyone who wants to stop in and pray or process.
- Center for Counseling and Family Therapy: Faculty from the Center for Counseling and Family Therapy welcome anyone who needs space to process this loss. You can call 314-977-2505 to schedule an appointment from 12 8 p.m. Monday through Friday. This is open to anyone in the SLU community.
- University Counseling Center (UCC): All students can utilize the <u>University Counseling Center</u>. They often bring on counselors from community partners to increase capacity, so do not hesitate to check on appointment availability. A trained and licensed clinician is also available 24/7 by calling <u>314-977-TALK</u> (8255) (press 9 for after-hour needs).
 - Additional walk-in counseling support: Our partners with Behavioral Health
 Response have brought in additional counseling support for our community in
 rooms LL6 and LL7 of the Pius Memorial Library. They will be available today and
 tomorrow (April 12 13) from 11 a.m. 7 p.m. (Spring 2022)
 - **Text message option**: Students who prefer to discuss personal issues via text can send "HOME" to 741741 to access a counselor for on-demand assistance.
- <u>LGBTQIA* Resources at SLU</u>: Clubs and departments on campus and beyond, that are available to help support the physical, mental, and spiritual health of our LGBTQIA community and its allies.
- Expressing concern for students: Faculty, staff, and students can express concern for students at any time by contacting the Dean of Students Office or completing the reporting form available on their web page.

- Dean of Students Office: The Dean of Students Office continues to serve as support for students in navigating campus resources and can offer guidance in managing health and wellbeing. Students can contact the Dean of Students Office via deanofstudents@slu.edu or 314-977-9378.
- North campus drop-in hours for students: All students are welcome to come by
 designated drop-in spaces if you need someone to talk to, need a quiet place to study or
 want a snack. On the north campus, students can drop by this location for some space to
 decompress:
 - o Room 352 and 353, Busch Student Center, 9 a.m. 5 p.m., April 12-13, 2022
- South campus drop-in hours for students: Students who are on the south campus are welcome to come by this drop-in space for someone to talk to, snacks, or a quiet place to study.
 - Room 1064 Allied Health, 9 a.m. 3 p.m. on April 12, and 9 a.m. 5 p.m. on April 13, 2022