

Counseling and Consultation Service (CCS)
Embedded Clinician for the College of Engineering
Dr. Stefanie Day, EdD, PCC-S

Due to the COVID-19 precautions I (and all CCS clinicians) have temporarily suspended in-person counseling sessions and in-person workshops through the end of the semester. For current and new clients, I will be providing teleconsultation services through Zoom or by phone. To request a session email me at day.715@osu.edu.

Below are some links to helpful resources to understand and manage your stress during this time. Feel free to email me for more resources, even if you are not interested in a teleconsultation appointment.

Resources

For your mental health:

- [Mental Health Tips During COVID-19 \(Coronavirus\)](#) - Emotional Fitness Blog
- [Taking Care During COVID-19](#) – Video
- [Student Resources](#) - CCS Website
- [Mental Health Strategies Video Series](#) - CCS Website

If you have any immediate concern or mental health crisis:

- Call our Counseling and Consultation office at 614-292-5766, between the hours of 8:00 AM and 5:00 PM.
- On-Call After-Hours service to speak with a counselor evenings, weekends, and holidays (dial 614-292-5766 option 2).
- NetCare Access (614) 276-2273
- National Suicide Prevention Hotline at [614-221-5445](tel:614-221-5445) or [1-800-273-TALK](tel:1-800-273-TALK), which provides free and anonymous assistance 24 hours per day, 7 days per week.
- [Crisis Text Line](#) TEXT “START” TO 741-741 FREE, 24/7, CONFIDENTIAL
- OSU Hospital Emergency Department (614) 293-8333 or your local Hospital Emergency Department
- 911

For your physical health:

The university's [coronavirus webpage](#)

For additional questions call the Ohio Department of Health - 1-833-4ASKODH (1-833-427-5634) or visit the [ODH Website](#).

More information can be found at [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)