



Mental Health

AT THE UNIVERSITY OF DAYTON

Mental Health Skill Building

Building different skills for supporting yourself and those around you is a lifelong journey. Check out the opportunities below!

- ▶ Ally + Workshop
- ▶ Anxiety, Depression, and ADHD Toolbox Series
- ▶ Brook Center: Mental Health Education
- ▶ Green Dot: Bystander Intervention
- ▶ REACH Suicide Prevention Training
- ▶ THRIVE (Transforming How Recovery Is Viewed Everywhere)
- ▶ YOU@Dayton

Support and Assistance

Common concerns include loneliness, connection to others, resource needs, support, stressors, life challenges, religious questions, grief, illness, roommate concerns, and housing concerns.

Campus Ministry

Liberty Hall

Call 937-229-3339 to schedule a time to speak with a campus minister.

Housing and Residence Life

Gosiger Hall

Call 937-229-3317 to speak with staff.

Student Care and Advocacy

Gosiger Hall

Call 937-229-1212 to speak with staff.

Student Health Center

Gosiger Hall

Call 937-229-3131 to schedule an appointment.

Clinical Resources

Common concerns include anxiety, depression, relationship concerns, stress, loneliness, trauma, grief, concerning drug and alcohol use, recovery support, suicidal thoughts, and anger.

- ▶ **Walk into the Counseling Center**, located on the first floor of Gosiger Hall.
Drop-In hours:
Monday, Tuesday, Wednesday, and Friday, 9:45 a.m. to 2 p.m.
Thursday, 10:45 a.m. to 2 p.m.
- ▶ Reach out to the **Center for Alcohol and other Drugs Resources and Education**, located in the Adele Center (go.udayton.edu/CADRE)
- ▶ Log in to **Welltrack Connect** to find mental health professionals in any community. Log in to www.welltrack-connect.com with your UD email.

I need help now.

Mental health crises may be (but are not limited to) suicidal thoughts/intent, self injury, panic attacks, symptoms so overwhelming that you cannot function, witnessing or experiencing a recent trauma, hearing voices or seeing things, fear about someone else's symptoms, or feeling like you want to hurt someone else.

- ▶ **If you are in immediate danger or feel unsafe, call Public Safety at 937-229-2121 or dial 911.**
- ▶ **Walk into the Counseling Center** for a crisis appointment. Located on the first floor of Gosiger Hall, crisis appointments are available from 8:30 a.m. to 4:30 p.m., Monday through Friday.
- ▶ **Call the Counseling Center at 937-229-3141** after business hours and on weekends. Press option #2 to speak with a crisis specialist.
- ▶ **Call 988** for the Suicide and Crisis Lifeline.
- ▶ **Text FLYERS to 741741** for the Crisis Text Line.
- ▶ **Call RAINN at 800-656-HOPE** (Rape, Abuse and Incest National Network).

See the back of this page to learn more.

I don't know what I need. What should I do?

I need mental health services but I don't know where to start.

To talk through your options, please stop by the Counseling Center Drop-In hours or call 937-229-3141.

I know my interests and passions, but I don't know where to start.

Learn more about the different campus resources that are here to help you find your next steps!

I'm not sure what I want...

It's okay not to know! Stop by the Brook Center at ArtStreet or email brookcenter@udayton.edu to find a time to talk to a staff member who can help you make a plan!

I experienced harm in the UD community and I need help.

Contact the Equity Compliance Office at 937-229-3622.



Sometimes we all struggle with our mental wellbeing and just need a little extra support. These campus partners are happy to help!

Identity and Relationship Support

- ▶ Brook Center
- ▶ Global and Intercultural Affairs Center
- ▶ Military and Veterans Programs and Services
- ▶ Multi-Ethnic Education and Engagement Center
- ▶ Women's Center

Supportive Spaces

- ▶ Chapel of the Immaculate Conception
- ▶ Kennedy/Baird LGBTQ+ Student Lounge
- ▶ MEC Family Room (Alumni Hall 101)
- ▶ Mindfulness Room at ArtStreet
- ▶ Serenity Pines

Basic Needs Support

- ▶ Dining Services
- ▶ Flyer Farmer's Market
- ▶ Food4Flyers Pantry
- ▶ Housing and Residence Life
- ▶ Student Care and Advocacy
- ▶ UD Public Safety

Career and Academic Support

- ▶ Academic Advisors
- ▶ Career Services
- ▶ Faculty
- ▶ Office of Learning Resources

Physical Health Support

- ▶ Campus Recreation
- ▶ Center for Alcohol and Other Drugs Resources and Education (CADRE)
- ▶ Student Health Center

Spiritual Support

- ▶ Campus Ministry
- ▶ Center for Social Concern
- ▶ Multi-Faith Ministry



Looking for a connection? Talk with a peer educator!

We get it, college can be tricky. We're in it with you. Connect with one of the groups below to learn more!

Co-Pilots: Explore mental health, wellbeing, and community building.

Diversity Peer Educators (DPE): Dive into discussion about identities, culture, and inclusion.

Flyer IMPACT: Discuss relationships with alcohol and other drugs.

Peers Advocating for Violence Education (PAVE): Consider how dating and relationships develop and find your voice in ending violence at UD.

Q*mmunity Leaders: Engage in discussion about queer joy and allyship.

*Find a student organization that shares your interests through the **Center for Student Involvement!***



Want more information?

Visit go.udayton.edu/mentalhealth or scan the QR code to learn more.

