



## Emory 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. Each bullet represents a service offered by the office listed at the top. Use the hyperlinks to navigate to websites to learn more.

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

### [Counseling and Psychological Services- CAPS \(404-727-7450\)](#)

- **Counseling Services**
  - **Individual counseling sessions- 12 free sessions** with a CAPS counselor/academic year,
  - **Drop-in counseling sessions- “Let’s Talk” Program-** a 15-minute individual counseling session.
  - **Group counseling-** topic-specific and affinity groups offered each term,
  - **Couples counseling-** if both partners are Emory enrolled students
  - **Crisis Walk-in Appointments, M-F, 8:30am-3:30pm** (walk-in appts. do not count towards 12 scheduled sessions)
- **Drop-In Workshops-** unlimited, single-topic, group sessions, including a weekly mindfulness workshop
- **Stress & Biofeedback Clinic-** 3-week class that teaches participants to recognize and manage stress
- **Referrals to off-campus providers-** use the Thriving Campus platform to search for off campus providers that meet your specific needs and preferences

### [Student Case Management and 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** including those from isolation and quarantine, faculty, staff, and students can **e-mail [sisteam@emory.edu](mailto:sisteam@emory.edu), or submit a student of concern form**. Emails and forms will require time for routing and response.
- [Direct Service Assistance](#) - May provide **short term housing and food assistance** to students. Students submit an [online request form](#) and someone from SCMIS will follow up.
- [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)

### [Student Health Services \(404-727-7551\)](#)

- **On campus health care providers** for multiple **physical health specialties** and **psychiatric services**. Accept Emory University Student Health Insurance Plan (EUSHIP)
- [Emory Student Telehealth \(833-484-6359; online login will be more direct\)](#)
  - Provided by TimelyMD
  - Available to students anywhere in the world
  - **Virtual health appointments**
  - **Mental health** professionals available **24/7** via TalkNow

### [Office of Health Promotion](#) (404-727-1000)

- [Alcohol and substance use education and resources](#) for students for their own use or for students who are concerned about a friend, roommate, or loved one
- [Mental well-being programs, education and resources](#) specifically on mindfulness and sleep improvement
- [Sexual health education, resources, and services](#) including safer sex supplies and free HIV testing

### [Office of Respect](#) (24 Hour Hotline: 470-270-5360)

- [Help, advocacy, and support](#) for students impacted by **sexual harassment, sexual assault, or partner violence**
- [Training, programs and events](#) to educate the Emory community on **sexual harassment prevention**

### [Office of Diversity, Equity, and Inclusion](#) (404-727-9867)

- Title IX Coordinator for Students (404-727-4079)
  - **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**

### [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.

### [Ombuds Office](#) (404-727-1531)

- **Assistance navigating interpersonal conflicts**, improprieties or unfairness as well as guidance on University policy and procedure pertaining to the issue
- **Informal mediation** through facilitated discussions for individuals experiencing interpersonal issues

Find **additional resources for student wellness and support at the following sites:**

GDBBS ["Resources for Students"](#) webpage

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

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

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