

Supportive Campus Resources/Referral Options

Loneliness/ Isolated/ Adjustment to Purdue

- Visit/Attend Programing provided by one of the Cultural Center
 - [Asian American and Asian Resource and Cultural Center \(AAARCC\)](#)
 - [Black Cultural Center \(BCC\)](#)
 - [Latino Cultural Center \(LCC\)](#)
 - [Lesbian, Gay, Bisexual, Transgender, and Queer Center \(LGBTQ Center\)](#)
 - [Native American Educational and Cultural Center \(NAECC\)](#)
- [Counseling and Psychological Services \(CAPS\)](#)
- Get connected with the [Purdue Student Union Board \(PSUB\)](#)
- Schedule an appointment with somebody to help you get connected at Purdue.
 - Login at [Purdue.edu/boilerconnect](#)
 - Select Student Life and Wellnes; then select SAO at Krach; select a “Getting Involved Meeting”
- [Student Support Services](#) - Office of the Dean of Students (ODOS)
- [Purdue Counseling and Guidance Center \(PCGC\)](#)
- [Purdue Psychology Training and Research Clinic \(PPTRC\)](#)

Academic Concerns

- [Academic Success Center \(ASC\)](#)
- [Writing Lab \(OWL\)](#)
- [Disability Resource Center \(DRC\)](#)
- [Academic Advisor](#)

Desire to take proactive steps in health/mental health/career goals

- [Center for Career Opportunities \(CCO\)](#)
- [Wellness Programs \(@ CoREC\)](#)
 - [Wellness Coaching](#)
 - [Nutritional Counseling](#)
 - [Demonstration Kitchen Events](#)
 - [Purdue Student Health Advocates](#)
 - [Mindfulness Room/Coaching](#)
- [Student Support Services](#) - Office of the Dean of Students (ODOS)

Financial Concerns/Needs Insurance

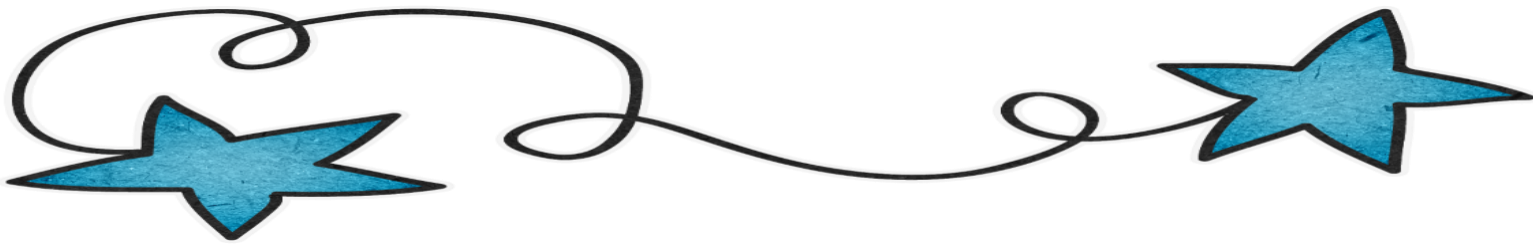
- [Financial Aid Office](#)
- [ODOS Emergency Loan Program](#)
- [ACE Campus Food Pantry](#)
- [ASPIN \(If Student has no Insurance\)](#)
- [Student Insurance Office \(PUSH 338\)](#)

Existential Concerns (Undergraduate Students)

- [Counseling and Psychological Services \(CAPS\)](#)
- [Center for Career Opportunities \(CCO\)](#)
- [Academic Advising](#)
- [Student Support Services](#) - Office of the Dean of Students (ODOS)
- [Purdue Counseling and Guidance Center \(PCGC\)](#)
- [Purdue Psychology Training and Research Clinic \(PPTRC\)](#)

Have a concern or complaint about their program (Graduate Students)

- [Center for Career Opportunities \(CCO\)](#)
- Faculty Advisor; Graduate Director; Department Head
- [Ombuds Services](#)
- [Student Support Services](#) - Office of the Dean of Students (ODOS)
- [Counseling and Psychological Services \(CAPS\)](#)
- [Purdue Counseling and Guidance Center \(PCGC\)](#)



Resources and Options available on Campus

- **[Academic Success Center \(ASC\)](#)** (765) 494-9328
Wiley C215
 - The ASC offers support services that are free and open to all students at Purdue
 - Help with **learning strategies, test anxiety** and more
 - Workshops for time management, procrastination, effective studying

- **[Center for Advocacy, Response, and Education \(CARE\)](#)** (765) 495-2273
Duhme Hall (Windsor), Room 143
CARE@purdue.edu
 - Confidential support and advocacy for survivors of **sexual violence, dating violence, and stalking**

- **[Center for Career Opportunities \(CCO\)](#)** (765) 494-3981
Young Hall, Room 132
 - Struggling with your **career plan or major choice**
 - Help with resume, job search strategies

- **[Disability Resource Center \(DRC\)](#)** (765) 494-1247
Young Hall, Room 830
 - Supports students with disabilities by coordinating reasonable and appropriate **accommodations**

- **[Office of the Dean of Students \(ODOS\)](#)** (765) 494-1747
Schleman Hall, room 207
 - Offer services and resources to help with issues from academic and financial situations to safety and health issues
 - Student support for concerns that do not require psychotherapy
 - **Coaching**, using Strengths Quest as a framework

- **[Purdue Counseling and Psychological Services \(CAPS\)](#)** (765) 494-6995
PUSH, Room 224
 - Assist with a variety of educational, career and personal problems
 - **Depression, anxiety, relationship difficulties, loneliness, stress, grief and loss, career**

- **[Purdue Counseling and Guidance Center \(PCGC\)](#)** (765) 494-9738
Beering Hall, Room 3202
 - Assist with a variety of educational, career and personal problems
 - **Depression, anxiety, relationship difficulties, loneliness, stress, grief and loss, career**

- **[Purdue Psychology Treatment and Research Clinic \(PPTRC\)](#)** (765) 494-6977
Lyles-Porter Hall, Second Floor
 - Coping with stress, managing relationships, ways to more successfully deal with life
 - Help with **anxiety, depression** and a variety of other symptoms

- **[Student Wellness \(Co-Rec\)](#)** (765) 494-3109
Purdue Recreation and Wellness Center
 - Wellness Education: **Mindfulness Series**, Programs on Alcohol and Other Drugs, Stress, Nutrition, Healthy Sexuality, Light Therapy, Free Wellness Workshops, and Peer Mentor Program