

Office of Student Life
Student Wellness Center, Office of Outreach and Programs

**Syllabus Statement:**

As a student, your health and wellness can have an impact on your academic success. Common wellness concerns during your time at the university may include high levels of stress, sleep and diet behaviors, alcohol and other drug use, depression and anxiety, and interpersonal relationship issues. The Office of Student Life has numerous resources and services available to you at no charge to help you address those concerns.

You can learn more about health and wellness resources available on campus by visiting the websites for the [Student Wellness Center](https://swc.osu.edu/), [Wilce Student Health Center](https://shs.osu.edu/), [Recreational Sports](https://recsports.osu.edu/) and [Counseling and Consultation Service](https://ccs.osu.edu/). For students in recovery or seeking recovery from substance use disorders, learn more about support on campus by visiting the [Collegiate Recovery Community](https://swc.osu.edu/services/collegiate-recovery-community/). For students facing food insecurity, learn more about the free on-campus food pantry by visiting the [Buckeye Food Alliance](https://www.buckeyefoodalliance.org/).  For students interested in speaking with a peer to learn more about campus resources, call the [Buckeye Peer Access Line](https://swc.osu.edu/services/buckeye-peer-access-line/). For students interested in meeting with a peer and setting holistic wellness goals, learn more about [Wellness Coaching](https://swc.osu.edu/services/wellness-coaching/).