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 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, or submit a student of concern form. Emails and forms will require time for routing and response.

- **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 or eaglefoodcoop@breadcoffeehouse.org

- **Food Security Safeguard Program**
  - The Food Security Safeguard Program (FSSP) in partnership with Student Case Management and Intervention Services is designed to assist any Emory undergraduate or graduate student with an immediate food security need on the Atlanta campus
  - Fill out an FSSP request to receive three meal swipes at Dobbs Common Table

**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

Financial Resources
- **Laney Graduate School Emergency Loan**
- **Student Hardship Fund** (re-opens first week of February): Provides up to $500 to students for needs due to catastrophic events
- **Office of Financial Aid**

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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Welcome! I'm Finn, Counseling and Psychological Services' canine outreach specialist.

Please visit our website to find out more about Emory's mental health services or follow us @EmoryCAPS

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Mental Health Services

Brief Individual and Couples Therapy
- TimelyCare (Up to 12 Sessions)
- CAPS (Up to 8 Sessions)

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Drop-in Workshops and Groups Counseling
- CAPS

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Referral Assistance
- CAPS

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Crisis Support
- TimelyCare (24/7 via TalkNow)
- CAPS (M-F 8:30 am - 3:30 pm)

*Some services available to students anywhere in the US or in the world*

1462 CLIFTON ROAD, SUITE 235
404-727-7450
COUNSELING.EMORY.EDU

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