Dear Student,

Thank you for participating in this research study! The information you provided will be valuable for understanding sources of stress and resiliency in college students.

If you experience any issues related to significant stress, anxiety, or mood problems (either in relation to this study or at any point in time), we encourage you to take advantage of the resources on campus and in the community. Specifically, if you have thoughts about harming yourself or if you are distressed please call one of the emergency hotlines or seek assistance immediately. It’s also okay to call the hotline if you are worried about a friend. Today’s service was not a clinical assessment and we will not be following up with an intervention.

**Emergency Hotlines**

Local Crisis Line…………………………………….918-293-2100

National 24/7 Suicide Hotline………...….1-800-784-2433

**Center for Student Academic Support (CSAS)**

Phone………………………………………………………..918‐631‐2315

<http://www.utulsa.edu/CSAS>

The Center for Student Academic Support provides programs designed to increase student retention by providing a range of resources and support to enhance student success. General Services:

* Tutoring services for any course at the University of Tulsa
* Individual Academic Counseling
* Accommodations for students with disabilities
* Academic skills workshops
* Referrals to other campus and community support services

**Career Services**

Phone……………………………………………………..…918-631‐2549

<http://www.utulsa.edu/student-life/career-services.aspx>

Career Services provides access to information and assistance in deciding upon a major, exploring career options, planning for graduate studies, internships, professional positions or changes in employment.

**TU Counseling and Psychological Services Center**

Phone……………………………………………………….918-631-2200

As a TU student you are eligible for free counseling at the Counseling and Psychological Services Center (there may be a nominal charge for scoring of tests). Services offered include: Counseling/Psychotherapy (individual, couples, and family). Assessment (intellectual, cognitive, behavioral, personality, psychopathology). Consultation and referral.

Addresses Concerns Like:

* Academic Difficulties
* Alcohol/Drug Abuse
* Anger
* Anxiety
* Career Goals/Choosing a Major
* Depression
* Eating Disorders
* Exploration of Values
* Family and Social Issues
* Identity Development
* Interpersonal Relationships
* Life-Style Planning
* Loss and Grief
* Performance Enhancement
* Personal Growth and Well-Being
* Personal Assault
* Procrastination
* Self-Defeating Behavior
* Self-Esteem
* Sleep Difficulties
* Social/Sexual Concerns
* Sports Psychology
* Stress Management
* Time Management
* Writer's Block

Appointments: The Center is located in the Alexander Health Center and is open 8:00 a.m. to 5:00 p.m., Monday through Friday. Appointments may be made either in person or by calling 918-631-2200.

**True Blue Neighbors Behavioral Health Clinic**

Phone………………………………………………………..918.631.3342

True Blue Behavioral Health Clinic is a free community-based clinic, with services provided by TU Department of Psychology graduate students (supervised by faculty).

**Other Important Numbers**

Alexander Health Center………………….…………918-631-2241

Campus Security………………………………………...918-631-5555

Domestic Violence Intervention Service………918-585-3163

If you have questions/ concerns specific to this research project or would like information on other mental health resources in the community, please contact research staff at 918-344-8611 or [neurocatt@laureateinstitute.org](mailto:neurocatt@laureateinstitute.org). We will return calls within 48 hours.