

# Campus Support for Students

## QUESTION or CONCERN

## CONTACT for SUPPORT

I want support for my mental health, stress, anxiety, depression, etc.

**Counseling and Psychological Services (CAPS)** — a free, confidential service for all students. In-person, crisis, group, and teletherapy services offered.

**Dare to Care** — website featuring helpful videos

**THE WELL** — a toolbox of self-help resources

I am struggling with basic needs like housing or food.

There are many resources, both on and off campus listed on this site — **Providing for Our Students' Basic Needs**. Also consult with **DOVE** or the **Dean of Students Office**.

I have a psychological, physical, auditory, medical, learning disability or other chronic condition and want to know about accommodations.

**Disability Support Services (DSS)** — provides support and accommodations to assure equal access to University programs.

I don't feel well. I think I might be sick. I need a vaccine or a physical. I want a wellness exam.

**Health Services** — available to all students, regardless of insurance. Staffed by MD, NP, and RNs, and accredited by AAAHC.

I want to talk with someone about a sexual assault or sexual misconduct.

**Title IX Office** or the **Dean of Students Office** are available as private reporting options. **CAPS**, **Health Services**, and the **Priest Community** are confidential reporting options. For more information, visit the **Title IX website**.

I experienced or witnessed a bias incident on campus and want to tell someone.

Report the incident to **Public Safety** or the **Dean of Students**. The **Bias Education Support Team (BEST)** is available for support-related resources.

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I want to get involved on campus. I want to know what there is to do on campus.	<b>ENGAGE!</b> Just check out the Engage site for the current calendar and for more than 100 different organizations on campus, including their contact info.
I want to know about Study Abroad options.	<b>Office of International Programs</b> can help you. Opportunities are available during the academic year and summer.
I need a job. I need an internship. I want help with my resume. I need to improve my interview skills.	<b>The Career Center</b> can help with all of that and more!
I want to work on campus while in school.	For information on-campus jobs, visit <b>Employment Opportunities at Seton Hall</b>
I need extra help in class. I think I need a tutor.	<b>Academic Resource Center (ARC)</b> – provides tutors, access to Tutor.com, and study skills assistance. The best source is often the professor for the class – check out their office hours.
I want to talk to someone about my faith. I want to get involved with community service opportunities.	Reach out to <b>Campus Ministry</b> to speak with one of our priests or missionaries. <b>DOVE</b> offers many community service options.
I missed class. What do I do?	Refer to your professors' syllabi for their absence policy. Be familiar with the University <b>Class Absence Notification Procedure</b> . If your absence is for 3+ consecutive days, send documentation to deanofstudents@shu.edu
I'm not sure where to go or whom to ask with my question.	Contact the <b>Dean of Students Office</b> . If they can't assist you, they'll direct you to the right place.