**Students Page**

Resources for your Wellbeing

Getting Help is no Bull! It's Noble.

These campus-resources are here to help you.

Link to: SDS

Link to: VAVP

Link to: SHS

Link to: Counseling Center  
  
Academic Withdrawal Information

Here you will find links to the USF Academic Regulations Committee (ARC) process and forms for Withdrawal (late drop) from classes and also guidance on retroactively dropping classes, after the semester has ended. It also includes links to Financial Aid information.  
  
Link to: Academic Advocacy

Health and Wellness

Link to: Community Provider Report

**Family & Friends Page**

Helping a Family Member Get Help

The following provides links to resources geared towards helping you talk with your student about getting help for the distress they may be experiencing.

Link to: Talking About Help- pdf

After A Health Crisis or Hospital Stay

The following provide information on how to understand and support your family member.

Link to: Families - After an Attempt

Understanding Mental Health & College Students

This section provides links to brochures and other valuable resources for understanding and developing a support plan to address new or ongoing mental health concerns.

Link to: NAMI Family-to-family

Link to: Early Psychosis Intervention (family pamphlet)  
  
Academic and Withdrawal Information

Here you will find links to the USF Academic Regulations Committee (ARC) process and forms for Withdrawal (late drop) from classes and also guidance on retroactively dropping classes, after the semester has ended. It also includes links to Financial Aid information.

Link to: USF ARC link

Link to: USF Financial Aid/ Withdrawal  
Link to: Academic Advocacy  
  
Parent and Family Program

Link to: PAFP site

**Faculty & Staff page**

Education and Training

email [socat@usf.edu](mailto:socat@usf.edu)

Faculty and Distressed Student Guide

Link to PDF

Emergency Resource Guide

Link to PDF (SA webpage)

**On-Campus Resources page**

Counseling Center

(813) 974-2831, SVC2124

Crisis Intervention

Counseling Services—Individual, Couples and Group Services

Stress Management

Psychiatric Evaluation & Treatment

Consultation

Link to: www.usf.edu/counsel/

Student Health Services

(813) 974-2331, SHS 100

Same Day Service – General Clinic

Primary Care Medical Services

Women’s Clinic

Wellness - Nutrition and Sexual Health

Dermatology Clinic

Pharmacy

Link to: shs.usf.edu

Center for Victim Advocacy and Violence Prevention

(813) 974-5756, SVC 0089

Crime Victim Helpline: (813) 974-5757

The USF Advocacy Program provides free and private services to USF students, faculty and staff, both men and women, who have experienced crime, violence, or abuse, for incidents occurring on or off campus, recently or in the past.

Link to: sa.usf.edu/advocacy

Students with Disabilities Services

(813) 974-4309, SVC 1133

Academic Accommodations for disabilities

Accommodated exams

Assistance negotiating with instructors

Temporary disability accommodations

Services for hearing, mobility, sight, learning, chronic medical and psychological disabilities

Link to: sds.usf.edu

Psychological Services Center (a Dept Of Psychology Clinic)

(813) 974-2496, PCD Building

The Psychological Services Center (PSC) at the University of South Florida is a teaching, research, and service clinic. The PSC is equipped to provide assessment and therapeutic services for adults, children, families, and couples.

Link to: http://psychology.usf.edu/policies/psychological/  
  
  
  
TRAC

Link to: <http://www.usf.edu/undergrad/trac/>

Academic Advising

Link to: <http://www.usf.edu/undergrad/students/advising-offices.aspx>

Wellness Education

Link to: usf.edu/wellness

Career Services

Link to: <http://www.usf.edu/career-services/>

Dean of Students

<http://www.usf.edu/student-affairs/dean-of-students/>

**Off-campus Resources**

Crisis Center for Tampa Bay

Dial 2-1-1 to receive free, confidential crisis counseling, along with information & referrals to Crisis Center services or to over 3,500 other community services. We are here 24 hours a day, 365 days a year.

Link to: www.crisiscenter.com

Link to: [www.211atyourfingertips.org](http://www.211atyourfingertips.org)  
  
  
Gracepoint (Mental Health Care, Inc)

A Community mental health service agency.

Outpatient Care: 5707 North 22nd St., Tampa, FL 33610

(813) 272-2244

Crisis Care: 2212 East Henry Ave, Tampa, Fl. 33610

(813) 239-8024

Link to: www.mhcinc.org/  
  
  
Northside Mental Health Center

A Community mental health service agency.

12512 Bruce B. Downs Blvd., Tampa, FL 33612

(813) 977-8700

Link to: [www.northsidemhc.org/](http://www.northsidemhc.org/)

National Alliance for Mental Illness (NAMI)

National organization with local support chapters

NAMI HILLSBOROUGH, INC.

P.O. Box 4352, Brandon, FL 33509-4352

Link to: sds.usf.edu

GREATER COMMUNITY – National Resources

What A Difference a Friend Makes (SAMSHA) - whatadifference.org

ULifeline-The Jed Foundation - www.ulifeline.com

National Mental Health Association - www.nmha.org

National Institute of Mental Health - www.nimh.nih.gov

Link to: whatadifference.org

Link to: www.ulifeline.com

Link to: www.nmha.org

Link to: www.nimh.nih.gov