



Stressbusters Support Network

A Guide to Campus Resources

Quick Response	<ul style="list-style-type: none"> ▪ Talk to a professional at Counseling & Psychological Services (business hours, 212-854-2878) or visit during walk-in hours in the residence halls ▪ Speak with the medical and mental health clinician on call (after hours, 212-854-9797) ▪ Reach out anonymously to a peer counselor through Nightline (212-854-7777) ▪ For support during an emergency, contact CUEMS and Public Safety (212-854-5555) ▪ Contact a peer advocate at the Rape Crisis/Anti-Violence Support Center (212- 854-4357) ▪ Contact the RA on-duty in your building/area (cell number posted throughout building; 9 pm-8am during the week; 24-hours on weekends) ▪ Visit walk-in hours or call Gay Health Advocacy Project for peer support or to receive post-HIV exposure prophylaxis (212-854-6655)
Academics	<ul style="list-style-type: none"> ▪ Get support from your academic advisor by contacting Student Affairs ▪ Schedule an appointment with your professor to talk about homework or deadlines ▪ Make an appointment at the Writing Center ▪ Visit a subject-specific help room: mathematics, statistics, and physics ▪ Request a tutor for your class through the Academic Success Program or Columbia University Tutoring and Translating Agency ▪ Speak with a librarian about research (in person or through online chat) ▪ Sign up for a time management or procrastination prevention workshop ▪ Meditate to soothe and sharpen your mind with the CU Bhakti Club or CU Buddhist Association ▪ For test anxiety, try some of the techniques Barnard's Well Woman suggests.
Relationships	<ul style="list-style-type: none"> ▪ Expand your network by joining a student group or club ▪ Talk with a female student Peer Educator, Counselor or Advocate at the Rape Crisis/Anti-Violence Support Center or with a staff person from Student Services for Gender-Based and Sexual Misconduct ▪ Participate in a Men's Peer Education biweekly meeting ▪ Attend a workshop on healthy relationships, homophobia & ending sexual violence with Sexual Violence Response ▪ For support with grief, attend a bereavement support group meeting at Counseling & Psychological Services

Stressbusters Regular Events – Resources – Event Requests

www.columbiastressbusters.org

Updated February 13, 2012



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Sleep	<ul style="list-style-type: none"> Enhance your bedtime performance by taking the online sleep assessment Learn how to do more than count sheep with ZZZ Tips Talk with a physician or therapist about your sleeping patterns
Nutrition	<ul style="list-style-type: none"> Check out the Get Balanced! campaign to learn about making healthy choices at the grocery store, at local restaurants, and in your day-to-day life Make an appointment with a dietician or nutritionist Attend a workshop focused on recovery from an eating concern
Physical Activity	<ul style="list-style-type: none"> Explore CU Move to get you moving Check out physical education and voluntary fitness classes Find an activity-focused extracurricular activity or intramural sport Tone, stretch, and relax with yoga
Alcohol & Tobacco	<ul style="list-style-type: none"> Take the online alcohol self-assessment Examine your drinking behavior in a judgment-free environment through BASICS Schedule an appointment to discuss tobacco cessation
Health	<ul style="list-style-type: none"> Check out health promotion initiatives from Alice! Have a question? Go Ask Alice! Make an appointment with a doctor or nurse Contact the Gay Health Advocacy Project for HIV testing (free for everyone!) Feeling sick? Get some nourishment delivered to your door by the Souper Troopers!
Finances	<ul style="list-style-type: none"> Meet with a financial aid officer Read FAQs regarding financial aid Increase your financial IQ with Common Cents Find an internship or part-time job through LionSHARE or NACELink

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Career Decisions	<ul style="list-style-type: none"> ▪ Talk with a professional at the Center for Career Education ▪ See your department's website for a list of faculty, peer advisors, and upcoming information sessions on identifying a career path ▪ Build your leadership acumen with the L.E.A.D. Program
Religious/ Spiritual	<ul style="list-style-type: none"> ▪ Explore the services of the University Chaplain ▪ Check out a campus religious group ▪ Attend a spiritual event at Earl Hall
Identity	<ul style="list-style-type: none"> ▪ Reach out to the Office of Multicultural Affairs ▪ Contact Disability Services ▪ Find a student group that matches your interests ▪ Join in on one of ROOTED's weekly conversations on identity, Sundaes on Mondays. ▪ Talking with a peer advocate from the Gay Health Advocacy Project ▪ Chat anonymously with a Queers Peers & Allies trained peer advisor
Living on Campus	<ul style="list-style-type: none"> ▪ Talk about your living environment with your Resident Advisor or staff person from Residential Programs ▪ Reach out to a staff person from Fraternity and Sorority Life ▪ Complete a maintenance request ▪ Catch an evening shuttle when traveling near campus late at night
Campus Culture	<ul style="list-style-type: none"> ▪ Provide feedback to student government ▪ Create impact on health issues by joining the Student Health Advisory Committee ▪ Make change with a student activist organization ▪ Contribute to a dialogue about men's role in preventing sexual violence