



# Campus Resources

## **University of Louisville Counseling Center**

**(ULCC):** The psychological and emotional well-being and academic success of students is our primary goal. Students can call or stop by the front desk to make an appointment at the ULCC. \*The Counseling Center does not prescribe medications. Located in Cardinal Station, Suite 201, just south of the James Patterson Baseball Stadium. For more information, visit [louisville.edu/counseling](http://louisville.edu/counseling) or call (502) 852-6585.

**Campus Health Psychiatric Services:** Psychiatric evaluations, follow-up care, and referral to other community or campus resources (including medication maintenance). Located in Cardinal Station, Suite 110. You must have a referral to make an appointment. For more information visit [louisville.edu/campushealth](http://louisville.edu/campushealth) or call (502) 852-6479.

**REACH:** Provide academic support for any undergraduate student at the University of Louisville. Provide resources to assist students to enhance or improve their academic performance, to help students transition to college life, and to support the university's retention of undergraduate students. Located in 126 Strickler Hall. For more information, visit [reach.louisville.edu](http://reach.louisville.edu)/or call (502) 852-6706.

**Disability Resources Center (DRC):** The DRC provides support for students with documented disabilities by promoting equal access to all programs and services. Support includes testing accommodations and note taking services. Located in 119 Stevenson Hall. For more information, visit [louisville.edu/disability](http://louisville.edu/disability) or call: (502) 852-6938.

**Career Center:** Provides students and alumni help connecting to majors, creating and successfully managing unique career paths, and provides career-related resources. Located in LLO3 Houchens Building. For more information, visit [louisville.edu/career](http://louisville.edu/career) or call (502) 852-6701.

**Trio Student Support Services (SSS):** SSS is committed to helping low-income, first-generation college students and students with disabilities achieve a bachelor's degree. Services include academic, personal and professional, and financial assistance. Located in 106 Davidson Hall. For more information, visit [louisville.edu/trio](http://louisville.edu/trio) or call: (502) 852-1406.

## **Prevention, Education, and Advocacy on Campus and in the Community (PEACC):**

Advocacy and assistance for anyone affected by or wanting to help others with issues around sexual assault, dating violence, stalking, or sexual harassment. PEACC also empowers students to develop ethical non-violence skills to negotiate relationships and sexual intimacy positively. Located in the Student Activities Center, W309. For more information, visit [louisville.edu/peacc](http://louisville.edu/peacc) or call (502) 852-2663.

## **Noble Kelly Psychological Services Center: A**

psychology clinic, training and research facility staffed by doctoral students in Clinical Psychology who are supervised by Licensed Clinical Psychologists. Located in Davidson Hall, Suite 210. For more information visit [louisville.edu/psychology/psc](http://louisville.edu/psychology/psc) or call (502) 852-6782.

**Dean of Students (DOS):** The DOS office provides a variety of services in support of students, including student non-academic grievance services, RSO funding, student conduct services, crisis assistance, extended absence notifications, SGA advising, and other programs designed to promote a vibrant campus community. Located in the SAC, Suite W301. For more information, visit [louisville.edu/dos](http://louisville.edu/dos) or call (502) 852-5787.

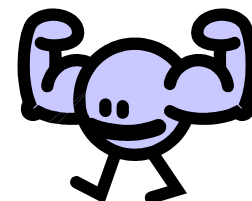
**LGBT Center:** Works to strengthen and sustain an inclusive campus community that welcomes people of all sexual orientations, gender identities, and gender expressions through support, educational resources, and advocacy. Located in the Red Barn, Room 104. For more information, visit [louisville.edu/lgbt](http://louisville.edu/lgbt) or call (502) 852-0696.

**Cultural Center:** Strives for a campus climate free of bias and hate where students, faculty, staff, and alumni work together to create positive change in the community. Located at 120 E Brandeis. For more information, visit: [louisville.edu/culturalcenter](http://louisville.edu/culturalcenter) or call (502) 852-6656.

**Health Promotion:** Offers yoga, free HIV testing, fitness consultations, massages (call/visit website for the cost of massages), nutrition coaching, and a variety of workshops that focus on health and balance. Located in the Student Activities Center, W309. For more information, visit [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion) or call (502) 852-5429.



## Handling Stress/Tips for Wellbeing



\***Get a good night's sleep.** 7-8 hours is ideal for many people.

\***Make healthy choices.** Healthy food choices can improve energy levels and mood.

\***Get active.** Exercise releases endorphins in the body, which are feel good hormones. Exercise is related to lower levels of anxiety and depression, as well as higher energy levels.

\***Don't want to go to the gym?** Add a 30 minute walk into your day. Try it on a lunch break or when a meeting/class gets canceled.

\***Stay organized.** Procrastination often leads to stress and feeling guilty. Write down all of your homework assignments and test dates at the beginning of the semester so you won't forget about them.

\***Practice deep breathing, yoga, meditation, or anything relaxing.** Check out the Health Promotion website ([louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)) to find out about their free yoga and massages for a small fee.

\***Create a playlist** of music that relaxes you and put in some ear buds when you are feeling stressed.

\***Limit alcohol use.** While it may seem like drinking may create a feeling of relaxation, alcohol use is related to higher levels of anxiety and depression. Keep in mind that when you are feeling stressed, alcohol may only make things worse the next day.

\***Drink plenty of water.** Dehydration can leave you feeling groggy and cause headaches. Water also helps flush toxins out of the body, and prevents over-eating.

\***Take study breaks.** After two hours, the brain will struggle to focus. Take a 10 to 20 minute break during a study session to grab a snack or relax. You can come back to your work feeling refreshed.

\***Create boundaries.** You can't say "yes" to everything or you will burn yourself out. Make a list of the things you really want to be involved in and focus on those activities.

\***Do something for yourself.** Self-care is something that we tend to neglect when we are busy. Schedule in some time to go to the gym, be pampered, or go to that movie you've been wanting to see.

\***Talk to someone.** Stress in college is normal, but if you are having difficulty, you may benefit from having someone to help you through the more stressful times. Talk to your family, close friends, or make an appointment to talk to someone at the Counseling Center. People come to the Counseling Center to discuss a range of topics, including relationships, family, identity, grief and loss, depression, stress, and other experiences and concerns.