**Rensselaer Polytechnic Institute**

**On- and Off-Campus Support Resources: Spring 2021
*Remember, seeking help is a strength, not a weakness***

***ON-CAMPUS HEALTH & WELLNESS SUPPORT***

**Student Health Center (Mon-Fri, 8:30 am – 4:00 pm EST)**

The mission of the Student Health Center (SHC) is to keep students healthy so that they may achieve their academic, personal, and athletic goals. The SHC provides confidential, accessible, cost-effective, current evidence-based treatment for acute and chronic physical health problems. At this time, appointments are being offered virtually (phone and video). Call 518-276-6287 to schedule an appointment, or schedule one through your Student Health portal. **There are no walk-in appointments available at the Student Health Center during this time.**

**Counseling Center (Mon-Fri, 8:30 am – 4:00 pm EST; some weekday evening hours available by appointment)**

The goal of the Counseling Center is to help students maximize their sense of well-being as well as their academic, personal, and social growth. Appointments are free and confidential, and are all via WebEx or telephone. Students who need a private location for counseling appointments can reserve space in the Counseling Center, 4th Floor of Academy Hall. Please contact the Counseling Center for this service. Appointments can be made by calling 518-276-6479 or email: counseling@rpi.edu Counseling Center staff are available in case of a crisis on evenings and weekends (call Public Safety at 518-276-6611 and ask to speak with the on-call counselor).

**National Alliance on Mental Illness (NAMI) Virtual Peer-Led Support Groups @RPI**

Virtual Peer-Led Support Groups are for RPI students who have experienced symptoms of a mental health condition. The groups are facilitated by trained RPI students who have themselves struggled with mental health. RPI Counselors are NOT present during these meetings. For support group dates/times and to pre-register, visit the RPI Active Minds website: <https://activemindsatrpi.wordpress.com/>

**Office of Health Promotion (Mon-Fri, 9:00 am – 5:00 pm EST; weekday evening hours available by appointment)**

Health promotion initiatives at Rensselaer are evidence-based and comprehensive efforts to improve health knowledge, behaviors, and skills of Rensselaer students. Health Educators are available for one-on-one consultations around a variety of issues including, but not limited to: sleep hygiene, mental health, sexual health, alcohol and other drugs, LGBTQIA+ topics, sexual assault prevention, and more. All appointments are free and confidential, and take place via WebEx. To schedule an appointment, email: healthed@rpi.edu  Follow us on social media for daily health tips and information!

Instagram: rpi.studenthealth |Twitter: @RPIhealth | Facebook: RPI Student Health Services

**Disability Services for Students or DSS** (**Mon-Fri, 8:30 am – 4:00 pm EST)**

The Office of Disability Services for Students (DSS) assists Rensselaer students with disabilities in gaining equal access to academic programs, extracurricular activities, and physical facilities on campus. DSS is the designated office at Rensselaer that obtains and files disability-related documentation, assesses for eligibility of services, and determines reasonable accommodations in consultation with students. Call 518-276-8197 or email dss@rpi.edu for more information.

**LGBTQ+ Mentoring Network**

The LGBTQ+ Mentoring Network is a program designed for the lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ+) campus community at Rensselaer. This program pairs "mentors" ("out" LGBTQ+ staff, faculty, and local alumni) and "mentees" (LGBTQ+ undergraduate and/or graduate students) in formal mentoring relationships. Mentors can: provide professional advice & emotional support; help you come to terms with your sexual orientation, romantic orientation, and/or gender identity; help you to develop a positive self-esteem; coaching you on living as a successful LGBTQ+ person; and serve as a friendly LGBTQ+ face on campus to meet with for coffee or lunch, a walk, or just to talk. Privacy of all mentees in the program is maintained at all times. To join the program, contact the program coordinator, Tara R. Schuster at: schust@rpi.edu

**Mueller Center/Campus Recreation**

Operated by the Rensselaer Union, the Mueller Center's facilities, fitness classes, intramural, and outdoor recreation and wellness programs foster a friendly, judgment-free environment. All programs and services are 100% virtual and free this semester (spring 2021). A variety of virtual fitness classes, wellness programs and more can be accessed at: <https://linktr.ee/Rpicampusrecreation>. Follow us on social media for regular updates: Instagram: @rpicampusrecreation | Twitter: @rpicampusrec Facebook: The Mueller Center

**Registered Dietician Nutritionist**

Kimberly Mayer, RDN, is available for complimentary consultations for any RPI students that have a meal plan. Some of these nutrition topics may include:

·        Food allergies, celiac and other special dietary needs

·        How to eat healthy on campus

·        Vegan and vegetarian dining

·        Sports nutrition

To schedule an appointment, email: Kimberly.mayer@sodexo.com

***ON-CAMPUS ACADEMIC & PERSONAL GROWTH SUPPORT***

**Advising and Learning Assistance Center or ALAC (Mon-Fri, 9:00 am – 4:30 pm EST)**

The Advising and Learning Assistance Center (ALAC) helps undergraduates thrive academically through a variety of support programs like tutoring, advising, and other activities. Contact ALAC at: 518-276-6269. For ALAC Webex Tutoring Services, go to the following link: <https://info.rpi.edu/advising-learning-assistance/learning-assistance/#TutoringServices>

**The Center for Global Communication + Design**

The Center for Global Communication + Design is a free resource for all members of the RPI community. Whether you're unsure about your communication skills or are an experienced writer, you're welcome to meet one-on-one (virtually) with our experienced undergraduate mentors and graduate teaching assistants! Our goal is to provide you with strategies that will make you a more effective communicator—in the classroom and beyond. Whatever the communication project, we can help! Services offered include: tutoring, language and cultural support for non-native English-speaking students, and writing-related and visual design-related resources for use while working on your various projects. For more information, visit: <https://info.rpi.edu/comm-d>

**STRIVE**

STRIVE provides personal support, assistance, and social guidance to Rensselaer’s underrepresented students through activities and interactions with their classmates, faculty, staff, and alumni. In collaboration with Rensselaer’s chapters of the national Society of Black Engineers and the Society of Hispanic Professional Engineers, STRIVE connects first-year students with upper-class mentors. For more information, contact Sherry Gunn at: 518-276-8022 or gunns@rpi.edu

**The Center for Deep Listening**

The Center for Deep Listening at Rensselaer stewards the practice of Deep Listening® pioneered by composer Pauline Oliveros, providing a unique approach to music, literature, art, meditation, technology, and healing. Described as a form of meditation that opens an expanded world of sound that helps students with learning in all disciplines, the center offers an online [Deep Listening Teaching Certification](https://www.deeplistening.rpi.edu/teaching-certification/), houses the Deep Listening archives, sponsors Deep Listening workshops and retreats in a range of community settings, and connects students with Deep Listening teachers around the world. For more information, visit: <https://www.deeplistening.rpi.edu/>

**Student Success Labs**

The goal of Student Success Labs is to help you achieve your goals and overcome obstacles such as stress, planning, anxiety, and motivation. Success Labs boast talks by faculty, administrators, and experts who lead hands-on workshops. The sessions are open to any RPI students looking to achieve academic and/or personal goals. Past talks have included topics such as: resiliency, sleep hygiene, mindfulness, and how to address procrastination: <https://success.studentlife.rpi.edu/success-labs>

**Personal Success Plans**

Whether you’re trying to spend less time playing video games or become a Fulbright Scholar, it all starts with a plan. This plan, which has been completed by over 1,000 Rensselaer students, is an online inventory that is academic in nature. If your academics aren’t strong, it’s hard to achieve other goals. Completing an online inventory will help you pinpoint motivational and other issues that may be hindering you. The Office of Student Success will use information from your inventory to create a personalized plan for your success. For more information, visit: <https://success.studentlife.rpi.edu/current-students/academic-and-personal-support/personal-success-plans>

***OFF-CAMPUS SUPPORT***

#### Alcoholics Anonymous (AA) Meetings

To view a complete list of meetings available [Alcoholics Anonymous (AA) meetings in Rensselaer County](https://meetings.aahmbny.org/)

#### Al-Anon/Alateen Family Group of the Greater Capital District

General Information: info@al-anon-8ny.org

Alateen Information: alateen@al-anon-8ny.org

#### Narcotics Anonymous (NA) Meetings

<http://abcdrna.org/>

**Rensselaer County Health Department – (Mon-Fri, 9:00 am – 5:00 pm EST)**

The Rensselaer County Health Department offers confidential immunization and HIV/STI clinics on a weekly basis. To schedule an appointment, call 518-270-2655. Testing is provided free of charge. Individuals residing in Rensselaer County can reach the Rensselaer Recovery Hotline at 1-833-467-3213 (1-833-HOPE-123) to receive information, resources, or referrals for themselves or anyone needing help with substance abuse and recovery.

**Whitney M Young Health Center (Mon/Weds/Thurs/Fri, 8:00 am – 5:00 pm EST and Tues, 8:00 am – 7:30 pm EST)**

The Whitney M Young Health Center offers no-cost, confidential rapid HIV testing and Hepatitis C testing Monday – Friday, from 8:00 am – 4:30 pm. Please call ahead to schedule your test at 518-591-4553. We also offer confidential, comprehensive support services for those who test positive. Whitney M Young Health Center is also available to help individuals find low-cost or no-cost health insurance.

**The Disaster Distress Helpline**

A national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This multilingual, confidential crisis support service is available 24/7/365. Call 1-800-985-5990 or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

**The Trevor Project (for LGBTQ+ young adults and allies)**

Trained counselors are available to support LGBTQ+ young adult and allies 24/7/365. If you are in crisis, feeling suicidal, or in need of a safe, judgment-free, and confidential place to talk, call 1-866-488-7386, text **START to 678-678,** or connect via chat online at: <https://www.thetrevorproject.org/get-help-now/>

**National Suicide Prevention Hotline (number on the back of your RPI Student ID card)**

The hotline provides 24/7/365 free and confidential support for people in distress, as well as prevention and crisis resources for you or your loved ones. Call 1-800-273-8255 or connect via chat <https://suicidepreventionlifeline.org/chat/>

**Shine: Care for Your Coronavirus Anxiety**

Online resources for anxiety and your mental health in a global climate of uncertainty: <https://www.virusanxiety.com/> Crisis counselors are also available for confidential support 24/7/365. **Text 741741**