

If your institution has programming such as tutoring/academic support, mental healthcare, food pantries or other resources for food insecurity, textbook affordability programs, etc., consider providing a list of these resources with contact information and encouragement to seek support.

[Anna Arlotta-Guerrero, University of Pittsburgh](#)

College/Graduate school can be an exciting and challenging time for students. Taking time to maintain your well-being and seek appropriate support can help you achieve your goals and lead a fulfilling life. It can be helpful to remember that we all benefit from assistance and guidance at times, and there are many resources available to support your well-being while you are at Pitt. *You are encouraged to visit Thrive@Pitt to learn more about well-being and the many campus resources available to help you thrive.*

If you or anyone you know experiences overwhelming academic stress, persistent difficult feelings and/or challenging life events, you are strongly encouraged to seek support. In addition to reaching out to friends and loved ones, consider connecting with a faculty member you trust for assistance connecting to helpful resources. *The University Counseling Center is also here for you. You can call 412-648-7930 at any time to connect with a clinician. If you or someone you know is feeling suicidal, please call the University Counseling Center at any time at 412-648-7930. You can also contact the Resolve Crisis Network at 888-796-8226. If the situation is life threatening, call Pitt Police at 412-624-2121 or dial 911.*

Pitt Pantry <https://www.studentaffairs.pitt.edu/pittserves/the-pitt-pantry/about-the-pantry>
PittServes is committed to ensuring that all students have regular access to healthy food options. In partnership with the Bellefield Presbyterian Church (4001 Fifth Ave), members of the Pitt community can visit the Pitt Pantry to select items of need. The Pitt Pantry was created in spring 2015 with the generous support of University of Pittsburgh Housing, Sodexo, and donations from the university staff and greater Pittsburgh community.

Additional Student Resources

- *Technology/Computer Help Desk:* 412-624-4357 (<http://technology.pitt.edu/Links to an external site.>)
- *Student Health Services:* 412-383-1800 (<http://www.studhlth.pitt.edu/Links to an external site.>)
- *Counseling Center:* 412-648-7930 (<http://www.counseling.pitt.edu/Links to an external site.>)
- *The Writing Center:* 412-624-6556 (<http://www.writingcenter.pitt.edu/Links to an external site.>)
- *Disability Resources and Services:* 412-648-7890 (<http://www.drs.pitt.edu/Links to an external site.>)
- *Office of International Services:* 412-624-7120 (<http://www.ois.pitt.edu/Links to an external site.>)

[Wanda Brooks, Temple University](#)

The following support services are available to all students:

Student Success Center - <https://studentsuccess.temple.edu/>

University Libraries - <https://library.temple.edu/webpages/remote-learner-support>

Undergraduate Research Support - <http://www.temple.edu/vpus/research/index.html>

Career Center -

<https://www.temple.edu/life-at-temple/students/careers-and-internships/career-center>

Tuttleman Counseling Services - <https://counseling.temple.edu/access-services>

Disability Resources and Services - <https://disabilityresources.temple.edu/>

Wellness Resource Center –<https://wellness.temple.edu/>

Psychological Services Center - <https://sites.temple.edu/psc/>

If you are experiencing food insecurity or financial struggles, Temple provides resources and support. Notably, the Cherry Pantry - <https://studentcenter.temple.edu/cherry-pantry> and the Emergency Student Aid Program -

<https://deanofstudents.temple.edu/news/student-emergency-aid-fund> are in operation as well as a variety of resources from the Division of Student Affairs - <https://studentaffairs.temple.edu/>

Limited resources are available for students who do not have the technology they need for class. Students with educational technology needs, including no computer or camera or insufficient Wifi-access, should submit a Student Technology Assistance Application located in TUPortal and linked from the Dean of Students Support and Resources webpage -<https://deanofstudents.temple.edu/support-and-resources>. The university will endeavor to meet needs, such as with a long-term loan of a laptop or Mifi device, a refurbished computer, or subsidized internet access.

Internet Essentials from Comcast - <http://www.internetessentials.com/> provides the option to purchase a computer for \$150 and high-speed Internet service for \$9.95 a month, plus tax. The Emergency Broadband Benefit (EBB) <https://www.fcc.gov/broadbandbenefit> is available to purchase Xfinity, Verizon, T-Mobile, and other internet services. Qualified households can receive a temporary monthly credit of up to \$50/month toward their Internet service and leased Internet equipment until the program's funding runs out.

On-campus computer labs are available for student use. Note that some software is available for free download on the ITS Academic Support page - <https://its.temple.edu/tech-students>. Other specialty software may be available for remote access through ITS.

[Sarah Eckert, Eastern University](#)

Brightspace Technical Support

[Self-Serve Resources](#) 24/7 Phone 1-877-325-7778 or 24/7 Chat [Click Here](#)
or Email brightspace@eastern.edu

Other Technical Support

[Zoom Online Meeting Guide](#)

[Web help desk; email: wireless access](#)

Academic Support

[Peer Tutoring](#); [Writing Center](#)

[NetTutor](#)

College of Education Program Resources

[College of Education Handbook](#)

[Student Teaching Handbook](#)

[Field Experience Handbook](#)

[EU Student Handbook](#)

Additional University Resources

[Student Life and Services](#)

[Advising Resources](#)

[Registrar](#)

Office of Talent & Career Development

The Office of Talent and Career Development specializes in assisting Eastern University undergraduate and graduate students as they consider their plans for the future in the following ways: discovering God-given talents; choosing a major/minor; developing resumes, cover letters, and application materials; gaining experience through internships/practicums; and enhancing networking, job search, and professional skills. More information, resources, and our career event calendar are available at [Center for Career Development](#).

To set up an appointment with a career counselor, please email careers@eastern.edu or stop by Walton 202. Log in to Eastern's online exclusive internship and job board, Handshake, at eastern.joinhandshake.com.

[Leigh Forbes, Gannon University](#)

You are important to me. **If you are physically ill**, stay home, rest, and hydrate. When you return, we can meet and plan for making up missed classes. While in-class activities and field trips cannot be made up, there may be alternative experiences available and offered at my discretion. **If you are struggling with a mental health issue**, reach out or make an appointment with the Counseling Center (counseling@gannon.edu). We will help you find assistance so you can feel better and re-engage.

[Caroline DiPipi-Hoy, East Stroudsburg University](#)

Addressing Barriers

My role as course instructor is to support you in the learning process and provide you with the tools you need to be a successful teacher. If you experience barriers that are hindering your success I encourage you to talk with me so that I can help you connect with resources and provide assistance to you.

Tutoring

Tutoring is available for most courses in the Warrior Tutoring Center (WTC) located in Rosenkrans Hall East. Tutoring can benefit you by increasing content specific knowledge, improving your academic performance and personal growth, and assisting you with getting to know the campus community at the WTC. For more information, please stop by Rosenkrans Hall or call 570-422-6700.

Warrior Food Pantry

The Warrior Food Pantry is open on Tuesdays from 2 pm to 4 pm at St. Matthew's Church on Ridge Street just off campus with food, cleaning, and personal products available to ESU students at no cost.

Top Threads

Professional clothing is available at no cost through the Top Threads closet located in the Create lab in Stroud Hall. Times and days of operation will be announced in class.

Ashley Patterson, Penn State University

Counseling and Psychological Services

Many students at Penn State face personal challenges or have psychological needs that may interfere with their academic progress, social development, or emotional well-being. The university offers a variety of confidential services to help you through difficult times, including individual and group counseling, crisis intervention, consultations, online chats, and mental health screenings. These services are provided by staff who welcome all students and embrace a philosophy respectful of clients' cultural and religious backgrounds, and sensitive to differences in race, ability, gender identity and sexual orientation.

[Counseling and Psychological Services at University Park \(CAPS\): 814-863-0395](#)

Counseling and Psychological Services at [Commonwealth Campuses](#)

Penn State Crisis Line (24 hours/7 days/week): 877-229-6400

Crisis Text Line (24 hours/7 days/week): Text LIONS to 741741

Rochelle Peterson-Ansari, LaSalle University

Campus Resources

You will find links to important policies and resources in the links below or go to Canvas and click on Help at the bottom of the global navigation menu or on Getting Help in the course navigation menu.

- American Disability Act of 1990
- Academic Accommodations
- Academic Learning Support (Tutoring, Coaching, Study Skills)
- Academic Integrity Policy
- Connelly Library
- Food Pantry (The Basket) (Search The Basket on the La Salle Portal to sign up for alerts via Canvas)
- Student Guide to Rights and Responsibilities
- Student Counseling Center
- Technology Help and Support

Michelle Sobolak, University of Pittsburgh

Food/Housing Insecurity

Many students, both undergraduate and graduate, experience housing and/or food insecurity that can impact their academic work and general health. Please know there are resources available to you that are confidential. Of course, you are welcome to speak with me if you need support in contacting the right people/offices:

Pitt Pantry (Food Pantry available to the wider University community)

<https://www.studentaffairs.pitt.edu/search/food%20pantry>

Off-Campus Housing Office: <http://www.ocl.pitt.edu/>

Beth Sockman, East Stroudsburg University

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Emily Wender, Indiana University of Pennsylvania

IUP has many available resources to support students. Please explore these options below.

Academic Success Resources

<https://www.iup.edu/success/student-resources/index.html>

Campus Resources

<https://www.iup.edu/honors/current-students/campus-resources.html>

IUP Food Pantry and Help Center

<https://www.iup.edu/studentaffairs/food-pantry/index.html>

Veterans Resources

<https://www.iup.edu/veterans/resource-center/index.html>

Student Wellness and Engagement

<https://www.iup.edu/student-wellness/index.html>

Child Care Access Means Parents in Schools

<https://www.iup.edu/pse/ccampis/index.html>

Campus Bus Schedules

<https://www.indigobus.com/>