University of Dayton

The University of Dayton provides resources and support for individuals to overcome challenges, build resilience and thrive at the University and beyond. Particularly in times of distress, individuals turn to those with whom they have established relationships. Therefore, it is appropriate and encouraged to reach out to individuals directly, show concern and have conversation guided by this framework about their wellbeing. The elements outlined here build upon each other so individuals can create a foundation for resilience, demonstrate selfawareness and seek out appropriate resources.

SEEK

- Call Public Safety: 937-229-2121
- Call 911 (UD campus phones)
- Crisis Text Line: Text HOME to 741741 • Suicide Prevention Lifeline: 1-800-273-8255
- · Seek care at the hospital

- · Crisis Counseling
- Dean of Students Office
- Community Standards and Civility
- · Academic Deans
- Center for International Programs

- Campus Ministry
- · Center for Alcohol and Other Drugs Resources and Education (CADRE)
- Counseling Center
- Health Center

- Brook Center
- · Office of Learning Resources
- · Housing and Residence Life
- Equity Compliance Office

- Talk to a friend, family member, mentor or other
 Reach out to Academic Advisors trusted individual
- Engage with peer mentor programs such as R.A., Neighborhood Fellow, PAVE, Q*mmunity Leaders. and Diversity Peer Educators
- Participate in group therapy sessions
- Utilize support resources such as Center for International Programs, Multi-Ethnic Education and Engagement Center, Military and Veteran Programs and Services, Office of Diversity and Inclusion, and Women's Center

DEVELOP

- · Mental Health Training opportunities: Mental Health First Aid (MHFA) and Kognito online module
- · Additional training opportunities including Ally Training, Green Dot, and Recovery is Spoken Here (RISH)
- Anxiety Toolbox Seminar with the Counseling Center
- Life Hacks workshop series
- · Educational workshops, tutoring, supplemental instruction (SI), Academic Coaching, and Library Services

BUILD YOUR

- · Join a University-sponsored organization (Active Minds, To Write Love on Her Arms, Mindful Living Movement, and Club 6)
- Participate in Intramural Sports & Sport Clubs
- Establish a connection to the city of Dayton through volunteerism and service
- · Attend UD Late Night events
- Foster supportive relationships through retreats, mentorship opportunities, research with faculty, and campus employment

- Engage in prayer, meditation, and mindfulness
- Include 30 minutes of moderate to vigorous physical activity daily
- Sleep uninterrupted for 7–8 hours each night
- Eat a balanced diet including an appropriate amount of water based on individual characteristics such as sex and body weight
- Develop a deeper sense of self-awareness through the use of the Emotional Wellness Screener (online)

PROACTIVE

REACTIVE

AUTONOMY INTERVENTION