



K-State
HD
Resource
Guide

Our Mission

To aid students in making healthy decisions to be successful while in college and after they graduate from K-State.

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K-State Healthy Decisions (HD) is an initiative developed in 2008 aimed at promoting healthy decisions for student success - both academically and personally.

This Resource Guide is designed for you to use when working with students, so that you know what services are available on campus. It is important that all faculty, staff, and students know where students can go to get the support they need, whether they need information or they need further assistance.

As a campus community, it is imperative that we collaborate to keep our students healthy and safe. Please join us in our efforts.

K-State HD's contact information can be found on the back of this Resource Guide.

What is K-State HD?

K-State Healthy Decisions is an initiative that was started to help enhance the lifestyle of K-State students and their peers. We are enriching the culture of K-State and further developing an environment where students are supported and can succeed academically and personally.

Through the collaborative efforts made by Kansas State University's student services, organizations, and faculty, K-State's students can stay connected to their campus and peers .

If you have questions regarding K-State HD or services on campus, please contact us at:

K-State HD
Office of Student Activities
& Services
809 K-State Student Union
Manhattan, KS 66506

Phone: 785.532.6541
Fax: 785.532.7292
E-mail: kstatehd@k-state.edu
Website: www.k-state.edu/hd

Check us out on the Web:
www.k-state.edu/hd



Volunteer Center of Manhattan, K-State

The K-State Volunteer Center of Manhattan is part of Kansas State University's School of Leadership Studies and builds capacity for dynamic campus and community volunteer efforts. As an action center affiliate with the HandsOn Network the K-State Volunteer Center of Manhattan:

- Coordinates and promotes campus-community volunteer activities and events
- Provides learning opportunities for students, non-profits and volunteer managers
- Trains volunteer leaders to guide others in service
- Recognizes campus and community volunteers for their efforts
- Promotes and assists with campus service-learning initiatives

Location: 2323 Anderson Ave, Suite 125, Foundation Building
 E-Mail: userve@k-state.edu
 Website: www.k-state.edu/volunteercenter/
 Phone: 785.532.3670

Women's Center

The K-State Women's Center has promoted a safe and equitable work and learning environment for women and all people through advocacy, nonviolence education, presentations, academic classes, training, and referrals. The Women's Center provides part of the training for faculty, staff, and students wishing to be part of the network of SafeZones where individuals can get help and information when feeling threatened, overwhelmed, or harassed; or who need referral when dealing with issues related to sexual orientation, sexual assault, bullying, or interpersonal troubles. K-State Women's Center provides a 3-hour, 2-semester class in exploring psychological, criminal, and medical issues around rape. A sexual assault advocate provides 24-hour assistance for students who have been victimized by violence. The Center also currently houses the K-State Campaign for Nonviolence.

Location: 206 Holton Hall
 E-Mail: womenscenter@k-state.edu
 Website: www.k-state.edu/womenscenter
 Phone: 785.532.6444

Writing Center

The Writing Center offers two kinds of assistance. Students who are enrolled in Expository Writing I or II may enroll in the Writing Lab which is a two credit-hour course designed to help students in either class. Additionally, any K-State student may schedule a walk-in appointment and receive consultation or assistance with any writing assignment.

Location: 122D English/Counseling Services Building
 Website: www.k-state.edu/english/writingcenter
 Phone: 785.532.2179

Recognizing Students in Distress

Marked Changes in Academic Performance or Behavior

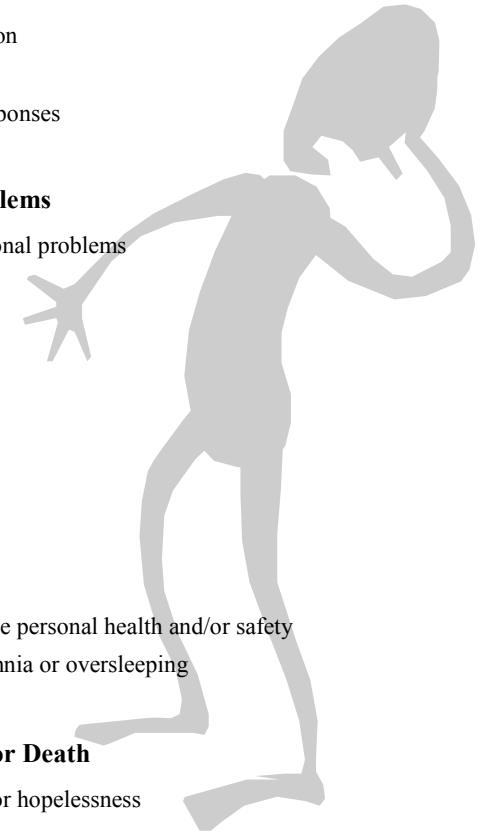
- Uncharacteristically poor performance and preparation
- Excessive absences or tardiness
- Repeated requests for special consideration especially when this represents a change from previous functioning
- Avoiding or dominating discussions
- Excessively anxious when called upon
- Disruptive classroom behavior
- Intense emotion or inappropriate responses

Behavioral or Interpersonal Problems

- Asking instructor for help with personal problems
- Complaints from other students
- Hyperactivity or very rapid speech
- Tearfulness
- Irritability or angry outbursts
- Problems with roommate or family
- Change in personal hygiene or dress
- Dramatic weight loss or gain
- Disjointed thoughts
- Increase in alcohol and/or drug use
- Engaging in behaviors that jeopardize personal health and/or safety
- Change in sleep habits such as insomnia or oversleeping

References to Suicide, Homicide or Death

- Expressed thoughts of helplessness or hopelessness
- Overt references to suicide
- Isolation from friends and/or family
- References to suicide or homicide in verbal statements or writing
- Giving away prized possessions, saying goodbye
- Indication of feeling trapped, like there is no way out



When You Are Concerned about Someone... What Can You Do?

TALK...to the person in private when both of you have the time and are not rushed or preoccupied. Give the person your undivided attention. It is possible that just a few minutes of effective listening on your part may be enough to help the person feel cared about as an individual and more confident about what to do.

LISTEN...to thoughts and feelings in a sensitive, nonthreatening way. If you have initiated the contact, express your concern in behavioral, nonjudgmental terms. For example, “I’ve noticed you’ve been absent from class lately and I’m concerned,” rather than “Where have you been lately? You could be more concerned about your grades.”

COMMUNICATE...understanding by repeating back the essence of what the person has told you. Try to include both content and feelings (“It sounds like you’re not accustomed to such a big campus and you’re feeling left out of things.”). Let the person talk.

GIVE HOPE...Assure the person that things can get better. It is important to help them realize there are options and that things will not always seem hopeless. Suggest resources: friends, family, clergy or professionals on campus.

MAINTAIN...clear and consistent boundaries and expectations. It is important to maintain a clear perspective about your relationship and responsibilities to the person as well as to yourself. Do not “take over” for the person unless it is clear that s/he is in danger or cannot get help for her/himself. Also, do set limits about how much time and contact you can personally provide in helping the person.

REFER...to other resources when:

- The problem is more serious than you feel comfortable handling.
- You have helped as much as you can and further assistance is needed.
- You think your personal feelings about the person will interfere with your objectivity.
- The person admits that there is a problem but doesn’t want to talk to you about it.
- The person needs information or assistance that you are unable to provide.

Even though you are genuinely concerned about people, you do not have to solve the problem for the person. Remember, you are helping by listening to the person and connecting them to the agency or person who can assist further.



UFM Community Learning Center

UFM is a non-profit campus and community education program serving Kansas State University, the Manhattan area and communities across Kansas. UFM offers both credit and non-credit courses. UFM provides opportunities for lifelong learning and personal development and serves as a forum for the exchange of ideas and as a catalyst for new programs and services that enhance the quality of life for all. UFM provides classes in a variety of areas, some of which include: career & finance, health & wellness, language, martial arts, food, and much more.

Location: 1221 Thurston St.
E-Mail: ufm@k-state.edu
Website: <http://ufmprograms.org>
Phone: 785.539.8763

Union Program Council

Union Program Council (UPC) provides entertainment to K-State's community and an opportunity for students to gain leadership skills. UPC students determine the movies you see on weekends, select the comedians that make you laugh, choose the art exhibited in the William T. Kemper Art Gallery, decide which controversial issues speakers address, expose you to different cultures with our multicultural programming, and organize our substance-free After Hours every Friday night during school.

Location: 3rd floor, K-State Student Union
Website: www.k-state.edu/upc
Phone: 785.532.6571

Veterinary Medical Counseling Services

Counseling Services in the College of Veterinary Medicine offers a convenient location for busy veterinary medical students to discuss individual, couple, or family concerns. Common challenges addressed are depression, anxiety, relationship distress, transitional stress, grief and loss, school/life balance, study skills, and time management. All services are free to participants and there are no restrictions on the number of possible sessions. Please note eligibility for services is limited to veterinary medical students.

Location: 213 Trotter Hall
E-Mail: mhafen@vet.ksu.edu
Phone: 785.532.4448

Student Union, K-State

The K-State Student Union is the living room for the campus community and plays an integral role in the educational mission of the University. It provides products, services, building a sense of community, and programs to enhance the quality of life of its students, faculty, staff, alumni, and guests, with particular emphasis on students. The Union fosters an environment that promotes respect for all people and values diversity, leadership, development, and the free exchange of ideas.

Website: www.union.k-state.edu

Student Union Dining Services, K-State

K-State Student Union Dining Services offers an array of food and beverage selections, designed to meet a variety of needs. Their website provides nutrition information, tools, a Q&A section, and links to other nutrition resources.

Website: www.dineoncampus.com/kstate

Study Abroad

The mission of the Study Abroad Program is to lead Kansas State Education Abroad efforts through preparation, collaboration, and ongoing communication with K-State students, faculty, and international partners. The International Programs Office is the first stop for students preparing to study in another country and offers a variety of academic experiences that prepare students for success in an increasingly diverse world. Programs range from short term group programs to individual semester and year long experiences in six continents. Many students qualify for scholarships and financial aid.

Location: 304 Fairchild Hall
E-Mail: oiip@k-state.edu
Website: www.k-state.edu/oiip/students
Phone: 785.532.5990

Testing Programs & Services

Testing Programs and Services is offered through the Academic Assistance Center. They offer entrance and professional exams often required for entrance into undergraduate, graduate, or professional programs. They also offer students a variety of credit-by-examination opportunities through which a student may earn academic credit in specific courses.

Location: 101B Holton Hall
E-Mail: testing@k-state.edu
Website: www.k-state.edu/aac/testing
Phone: 785.532.6492

Making a Referral for Additional Help

When you have determined that a person might benefit from other services, it is usually best to speak directly to the person in a caring, supportive manner. Here are some things you might share with a person when making a referral:

1. Help is available.
2. Seeking help is a sign of strength and courage rather than a sign of weakness or failure.
3. Remind the person that seeking professional help for other problems (medical, legal, car problems, etc.) is considered good judgment and an appropriate use of resources.
4. If possible, prepare the person for what they might expect if they follow your suggestion. Tell them what you know about the referral person or service you are recommending.

It is often a good idea to FOLLOW-UP with a person after the referral was made. Check to see how they are doing and if they kept their appointment.

Please CONSULT when in doubt about the appropriateness of an intervention, call the Assistant Dean of Students office (532-6432), Counseling Services (532-6927), or call the University Police Department (532-6412). Take all suicidal expressions seriously. A person whose behavior has become threatening, violent or significantly disruptive may need a different kind of approach.

If a person is reluctant to seek additional or professional help...

While it is important to care about the emotional well-being of others, we cannot make their decisions for them, and people are often reluctant to seek more formal help. Here are some ideas for encouraging the reluctant person:

1. Normalize the process of seeking help. This may be especially helpful for international students whose countries may not have similar views of seeking help.
2. Reassure the person that the resources you have suggested work with people with a wide range of concerns.
3. Remind the person that successful people seek support. For example, over the years data gathered at KSU Counseling Services has shown that students with GPA's about 3.0 seek counseling in greater numbers than students with lower GPA's and that seeking support increased a person's likelihood of succeeding school.
4. Problems need not reach crisis proportions for a person to benefit from professional help. Suggest to a person that it is often easier to work on problems if they are addressed before they reach crisis level.
5. Reluctant people might also be relieved to know that they can often talk with other resources on a one-time basis without making a commitment to further contact.
6. Students may be relieved to hear that at some sites (Counseling Services, Women's Center, etc.) any contact and information shared by the student is kept confidential and will not be disclosed to parents, faculty, other University departments, or even you, except with the student's written permission.

Adapted from K-State Counseling Services

Crisis Assistance: Who to Call

Problem	Contact Person	Office	Address	Phone
All serious accidents, deaths, campus crises involving students	Heather Reed or Karen Low	Office of Student Life	102 Holton Hall	785-532-6432
Psychological/psychiatric emergencies (alcohol or drug overdose, suicide attempts, depression, suspected suicide, etc.)	Dorinda Lambert or Fred Newton	Counseling Services	UCS, 2nd Fl./ English/ Counseling Bldg.	785-532-6927
Sexual assault, rape, sexual violence	Mary Todd	Women's Center	206 Holton Hall	785-532-6444
Problems involving international students	Sara Thurston-Gonzalez or Maria Beebe	International Student Center	International Student Center	785-532-6448
Problems involving fraternities or sororities	Brandon Cutler, Shawn Eagleburger, Scott Jones	Greek Affairs	214 Union	785-532-5546
Medical concerns	Robert Tackett, M.D.	Lafene Health Center	1105 Sunset	785-532-6544
Sexual harassment, racial harassment	Heather Reed or Clyde Howard	Affirmative Action or Office of Student Life	214 Anderson Hall or 102 Holton Hall	785-532-6220 785-532-6432
Judicial procedures for non-academic misconduct	Karen Low	Office of Student Life	102 Holton Hall	785-532-6432
Academic difficulties	Judy Lynch	Academic Assistance	101 Holton Hall	785-532-6492
Students with physical and/or learning disabilities	Andrea Blair	Disability Support Services	202 Holton Hall	785-532-6441
Multicultural student concerns	Myra Gordon	Diversity and Dual Career Development	224 Anderson	785-532-6276
Residence hall concerns	Derek Jackson	Housing and Dining	Pittman Building	785-532-7659 785-532-6453
Non-traditional student concerns	Suzanne Lueker	Non-traditional Student Services	101 Holton Hall	785-532-6434
Jardine Apartments student concerns	Stephanie Bannister	Jardine Office	2002 Tunstall Circle	785-532-3790

In cases of immediate on-campus emergencies during the business day or after business hours- fire, accident, medical, etc.- call the University Police at 785-532-6400 or 911.

Resource Descriptions

Student Financial Planning & Counseling Center

The Center will assist student with financial decisions including budgeting, investing, loan consolidation, credit, etc. The Center is free to K-State students and will be establishing a Peer Mentor program where students can provide one-on-one peer financial counseling and education to fellow students. In addition to individual student counseling, the Center will provide workshops to campus groups and organizations about various financial topics. The goal of the Center is to improve the financial literacy and success of all students.

Location: 809 K-State Student Union (ground floor)
E-Mail: jkaus@k-state.edu
Phone: 785.532.2889

Student Legal Services (OSAS)

Student Legal Services is offered to K-State students at no charge. If you are having a legal issue, make an appointment with the attorney. Note: There are some cases which the attorney cannot handle; however, the attorney may be able to give advice on the issue. For more information, check out the website below.

Location: 809 K-State Student Union (ground floor)
Website: www.k-state.edu/osas/legal.htm
Phone: 785.532.6541 (call to make an appointment)

Student Life, Office of

The Office of Student Life is a place students, parents, and staff can turn for help and guidance in times of need. They offer a variety of services to students, as well as their friends and family, in times of need. Services may include referral for academic and personal problems, crisis assistance and outreach, response in case of student death or injury, and helping students feel supported in the university environment. Other programs and services include: Coordination of the student judicial program; Advocacy for students; Support of diversity issues; Monitoring the campus environment and safety issues; and oversight of Non-traditional Student Services, the Office of Student Activities and Services, Religious Activities, and the Women's Center.

Location: 102 Holton Hall
E-Mail: stulife@k-state.edu
Website: www.k-state.edu/studentlife
Phone: 785.532.6432

SafeZone Allies

The purpose of the SAFE ZONE program is to provide campus "safe zones" where individuals affected by homophobia, hateful acts, & sexual violence can safely go for support and assistance. By placing the SAFE ZONE symbol on their office door, desk, or backpack, SAFE ZONE Allies signify that their space is a safe place to talk about issues which impact people who have been affected by any type of hateful or homophobic act, or who have been affected by sexual violence, sexual harassment, or any criminal or distressing situation.

Website: www.k-state.edu/safezone/

Stone House Child Care Center

The Stone House and playground provide space for two groups of children - toddlers, ranging in age from 18 months to 3 years, and preschoolers, aged 3 to 5 years. Children who are eligible by age to enter kindergarten are not eligible for the program. The toddler group accommodates 12 children, and 18 children are enrolled in the preschool program. The center is available only for full-day enrollments, five days a week. The hours are 7:30 a.m. to 5:30 p.m., and the center is open for most of the year, with the exception of University holidays - three weeks in August and two weeks at the end of December.

Location: North side of campus on N. Manhattan Ave.
 Website: www.humec.k-state.edu/stonehouse
 Phone: 785.532.3536

Student Activities & Services, Office of (OSAS)

The purpose of the Office of Student Activities and Services is to complement the academic programs of study at K-State and to enhance the overall educational experience of students through exposure to and participation in social, cultural, recreational, and governance programs. Students can learn about student organizations already registered or start a new organization. OSAS also has resources for students and organization advisors for applying for SGA funding and planning events.

Location: 809 K-State Student Union (ground floor)
 E-Mail: osas@k-state.edu
 Website: www.k-state.edu/osas
 Phone: 785.532.6541



To use the Quick Guide: Locate the topic/category that best fits the needs of the person you are assisting. Under that topic/category, there are on- and off-campus resources to which you can refer the person. For more explanation of the resources, page numbers are given for the *Resource Description* pages.

ACADEMIC ASSISTANCE

On-Campus:

- Academic Advising (p. 13)
- Academic Assistance Center (p. 13)
- Academic & Career Information Center (p. 13)
- Academic Resource Centers, Derby & Kramer (p. 14)
- Counseling Services (p. 17)
- Departmental Help Rooms (p. 18)
- Developing Scholars Program (p. 18)

- Disability Support Services (p. 18)
- Educational Support Services (p. 19)
- Libraries, K-State (p. 22)
- McNair Scholars Program (p. 23)
- Registrar's Office (p. 27)
- Student Life, Office of (p. 29)
- Testing Programs & Services (p. 30)
- Writing Center (p. 32)

Off-Campus:

- Pawnee Mental Health Services (p. 25)

ADULT SERVICES

On-Campus:

- Child Development Center (p. 16)
- Family Center, K-State (p. 19)

- Non-traditional Student Services (p. 24)
- Stone House Child Care Center (p. 28)

ALCOHOL & OTHER DRUGS

On-Campus:

- Alcohol & Other Drug Education (p. 15)

Off-Campus:

- Alcoholics Anonymous (p. 15)

- Pawnee Mental Health Services (p. 25)
- Regional Prevention Center of Northeast Kansas (p. 27)

CAMPUS SAFETY

On-Campus:

- Counseling Services (p. 17)
- Lafene Health Center (p. 22)
- Parents & Family Association (p. 24)
- Police Department, K-State (p. 25)
- SafeRide (p. 27)
- SafeZone Allies (p. 28)

- Student Life, Office of (p. 29)
- Wildcat Walk (*see Police Dept., K-State*) (p. 25)
- Women's Center (p. 32)

Off-Campus:

- Police Department, Riley County (p. 26)

CAREER ASSISTANCE

On-Campus:

- Academic & Career Information Center (p. 13)

- Career & Employment Services (p. 16)
- Colleges & Departments (p. 16)

CRISIS ASSISTANCE

On-Campus:

- Counseling Services (p. 17)
- Lafene Health Center (p. 22)
- Parents & Family Association (p. 24)
- SafeZone Allies (p. 28)
- Student Life, Office of (p. 29)

- Women's Center (p. 32)

Off-Campus:

- American Red Cross (p. 15)
- Crisis Center, Manhattan (p. 17)
- Pawnee Mental Health Services (p. 25)

DEPRESSION

On-Campus:

- Counseling Services (p. 17)
- Lafene Health Center (p. 22)
- SafeZone Allies (p. 28)
- Veterinary Medical Counseling Services (p. 31)

- Women's Center (p. 32)

Off-Campus:

- Pawnee Mental Health Services (p. 25)
- Research & Extension, K-State (p. 27)

DISABILITY SUPPORT

On-Campus:

- Academic Assistance Center (p. 13)
- Disability Support Services (p. 18)

Off-Campus:

- American with Disabilities (ADA) Compliance, City of Manhattan (p. 14)

Regional Prevention Center of Northeast Kansas

The Regional Prevention Center provides leadership in achieving outcomes to reduce the risk for adolescent behaviors through enhancing protective factors in important areas of children's lives: community, family, peers and school. They do that through a number of different trainings, events, and other programs.

Location: 431 Houston St., Manhattan, KS
 E-Mail: rpcneks@kansas.net
 Website: www.rpcneks.org
 Phone: 785.587.4372

Registrar's Office

The Registrar's Office is the official source of student academic information. Their services include: class schedule development, enrollment reporting, grade collection and dissemination, maintenance and archival of student educational records, student enrollment, and transcript productions. For questions about policies, procedures, deadlines, and more check out their website.

Location: 118 Anderson Hall
 Website: www.k-state.edu/registrar
 Academic Calendar Deadlines: www.k-state.edu/cgi-bin/eventview/registrar/academic
 Phone: 785.532.6254

Research & Extension, K-State

K-State Research and Extension is dedicated to strong, healthy communities, family and youth through integrated research, analysis and education. They provide a variety of online resources about health and nutrition, home, family and youth, environment, and more. One example is the K-State Community Health Institute, www.k-statechi.org.

Website: www.oznet.k-state.edu
 Phone: 785.537.6147

SafeRide

No designated driver or in a threatening situation? Need a ride home from Aggieville? Need a ride home from another location? SafeRide will get you home within the Manhattan area safely Thursdays, Fridays, and Saturdays from 11:00 p.m. to 3:00 a.m. One person must show his or her K-State ID in order to receive a ride. Only available when school is in session!

Website: www.k-state.edu/osas/saferide
 Phone: 785.539.0480

Police Department, Riley County

The Riley County Police Department has adopted the community policing philosophy and is working with the citizens of this community to provide a safe and friendly community. The RCPD offers opportunities like the neighborhood watch, citizen's police academy, auxiliary officers, as well as many other opportunities to partner with the police department and keep our community safe.

Location: 1001 S. Seth Child Rd., Manhattan, KS
 Website: www.rileycountypolice.org
 Phone: 785.537.2112
 Emergencies Only 911

Recreational Services

Recreational Services administers the intramural/recreational sports, fitness programs, and sport clubs for the campus at the Chester E. Peters Recreation Complex and the Ahearn Natatorium (swimming pools). Along with their group fitness programs, they offer personal trainers and nutrition services. Sports medicine services are also available. If you would like a presentation or workshop, Wildcat personal trainers are available throughout the semester.

E-Mail: recservices@k-state.edu
 Website: <http://recservices.k-state.edu>
 Phone: 785.532.6980
 Rec Check 785.532.6000

Religious Activities

About 50 student religious organizations and approximately 65 worshiping congregations in the Manhattan area welcome members of the K-State community. The coordinator of religious activities provides information about services and organizations on campus and in the community, as well as pastoral care and counseling. Students may seek counseling about relationships, sexuality, death or loss, or other personal and spiritual concerns. The coordinator advises the campus ministers, who represent a wide variety of faith traditions.

E-Mail: des2007@k-state.edu
 Website: <http://consider.k-state.edu/clubs/religion.htm>
 Phone: 785.532.6432

DISASTER PREPAREDNESS

Off-Campus:

- American Red Cross (p. 15)

EATING DISORDERS

On-Campus:

- Counseling Services (p. 17)
- Lafene Health Center (p. 22)

Off-Campus:

- Mercy Regional Health Center (p. 23)
- Research & Extension, K-State (p. 27)

FAITH

On-Campus:

- Religious Activities (p. 26)

FAMILY

On-Campus:

- Child Development Center (p. 16)
- Counseling Services (p. 17)
- Family Center, K-State (p. 19)
- Non-traditional Student Services (p. 24)
- Stone House Child Care Center (p. 28)

- Student Life, Office of (p. 29)
- Veterinary Medical Counseling Services (p. 31)

Off-Campus:

- Pawnee Mental Health Services (p. 25)
- Research & Extension, K-State (p. 27)

FINANCIAL

On-Campus:

- Colleges & Departments (p. 16)
- Developing Scholars Program (p. 18)
- Financial Assistance, Office of Student (p. 20)
- K-State Proud Student Opportunity Awards (p. 21)
- McNair Scholars Program (p. 23)

- Nationally Competitive Scholarship Office (p. 23)
- Student Financial Planning & Counseling Center (p. 29)

Off-Campus:

- CashCourse (p. 15)
- Personal Financial Planning Clinic (p. 25)
- Research & Extension, K-State (p. 27)

FITNESS

On-Campus:

- Noontime Yoga, Women's Center (p. 24)
- Recreational Services (p. 26)

Off-Campus:

- Healthy Kansas (p. 20)
- UFM Community Learning Center (p. 31)

GET INVOLVED

On-Campus:

- Diversity & Multicultural Programs (p. 19)
- Greek Life (p. 20)
- Housing & Dining, K-State (p. 21)
- International Programs, Office of (p. 21)
- International Student & Scholar Services (p. 22)

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- Study Abroad (p. 30)
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INTERNATIONAL SERVICES

On-Campus:

- Counseling Services (p. 17)
- International Programs, Office of (p. 21)
- International Student & Scholar Services (p. 22)
- Libraries, K-State (p. 22)

- SafeZone Allies (p. 28)
- Student Union, K-State (p. 30)
- Study Abroad (p. 30)

Off-Campus:

- UFM Community Learning Center (p. 31)

LEGAL SERVICES

On-Campus:

- Affirmative Action, Office of (p. 14)
- Consumer & Tenant Affairs (p. 17)

- Student Legal Services (p. 29)
- Student Life, Office of (p. 29)
- Women's Center (p. 32)

LGBTQ SERVICES

On-Campus:

- Counseling Services (p. 17)
- SafeZone Allies (p. 28)

- Women's Center (p. 32)

Pawnee Mental Health Services

If you're feeling stressed or distressed, having problems with alcohol or other drugs, depression, anxiety, family or marital difficulties, or a variety of other concerns, you could benefit from the help of a mental health professional. If you have trouble just getting through the day, or if an emotional problem or substance abuse is interfering with your job or relationships, you should seek help. If you feel you are in crisis right now, Pawnee therapists are on call 24 hours a day, seven days a week.

Location: 2001 Claflin Rd, Manhattan, KS

Website: www.pawnee.org

Phone: 785.587-4300 (outpatient mental health & substance abuse services)

24-Hour emergencies 800.609.2002

Personal Financial Planning Clinic

The Financial Planning Clinic (FPC) works with individuals, couples, and families experience financial issues. The FPC is a collaborative environment working with financial planners, financial counselors as well as individual, couple, and relationship therapists to provide comprehensive services for you. They also offer educational seminars and presentation services related to: budgeting, financial decisions-making, risk profiling, financial conflict management, pre-marital and marital financial counseling, debt repayment, establishing credit, and understanding credit scores.

Location: 555 Poyntz, Suite 231 (Colony Square Building, 2nd floor), Manhattan, KS

E-Mail: fpclinic@k-state.edu

Website: www.financialtherapy.info

Phone: 785.320.7636

Police Department, K-State

The K-State Police Department offers services to keep the campus safe. If you are uncomfortable walking across campus alone, Wildcat Walk provides an escort and will meet you and walk you to another on-campus destination or up to two blocks off-campus. They will even meet you at your car. If you need to report a crime or suspicious activity without providing your identity, use the Silent Witness program offered through the department.

Location: 108 Edwards Hall

E-Mail: police@k-state.edu

Website: www.k-state.edu/police

Phone: 785.532.6412

Wildcat Walk 785.395-SAFE (7233)

Noontime Yoga, Women's Center

The K-State Campaign for Nonviolence (CNV) and the Women's Center began sponsoring Noontime Yoga during the 2002 K-State Season for Nonviolence. Faculty, staff, students and community members, both men and women, are all welcome to attend Noontime Yoga. Beginners and experienced yoga students are welcome -- instructors provide for multiple levels of skill. Feel free to leave early enough to get back to work, as needed.

Location: Ahearn, Room 301, 12:00-1:00 p.m.
 E-Mail: womenscenter@k-state.edu
 Website: www.k-state.edu/womenscenter/all_about_yoga.htm

Non-traditional Student Services

Are you 25 years or older, married, a parent, or returning to school after 3 or more years? If so, Non-traditional Student Services is available to assist your needs and to help you connect to the campus and community. They offer a variety of information including: child care services, health insurance, tutoring, peer networking, housing, and more.

Location: 101 Holton Hall
 E-Mail: nontrad@k-state.edu
 Website: www.k-state.edu/adult
 Phone: 785.532.6434

Parents & Family Association (PFA)

The Parent and Family Association exists to help and support families throughout their students' experiences. They offer resources on their website that assist families dealing with transition issues of their student. Resources include: suggested readings on how to support your student and the college transition, a checklist of how to help your student and yourself with the transition, a timeline of what to expect the first year, and a career development timeline and resources throughout the four years of college.

Location: 122 Anderson Hall
 E-Mail: pfa@k-state.edu
 Website: www.k-state.edu/parentsandfamily
 Phone: 785.532.6108

MEN'S HEALTH

On-Campus:

- Lafene Health Center (p. 22)

Off-Campus:

- Health Department, Riley County (p. 20)
- Mercy Regional Health Center (p. 23)

MENTAL HEALTH

On-Campus:

- Counseling Services (p. 17)
- Family Center, K-State (p. 19)
- Student Life, Office of (p. 29)
- Veterinary Medical Counseling Services (p. 31)

Off-Campus:

- Mercy Regional Health Center (p. 23)
- Pawnee Mental Health Services (p. 25)
- Research & Extension, K-State (p. 27)

MULTICULTURAL SERVICES

On-Campus:

- Academic Assistance Center (p. 13)
- Affirmative Action, Office of (p. 14)
- Diversity & Multicultural Programs (p. 19)
- Educational Support Services (p. 19)

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- Student Life, Office of (p. 29)
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Off-Campus:

- UFM Community Learning Center (p. 31)

NUTRITION

On-Campus:

- Housing & Dining, K-State (p. 21)
- Human Nutrition, Department of (p. 21)
- Lafene Health Center (p. 22)
- Recreational Services (p. 26)
- Student Union Dining Services, K-State (p. 30)

Off-Campus:

- Healthy Kansas (p. 20)
- Mercy Regional Health Center (p. 23)
- Research & Extension, K-State (p. 27)
- UFM Community Learning Center (p. 31)

RELATIONSHIPS

On-Campus:

- Counseling Services (p. 17)
- Family Center, K-State (p. 19)
- Veterinary Medical Counseling Services (p. 31)

- Women's Center (p. 32)

Off-Campus:

- Crisis Center, Manhattan (p. 17)
- Pawnee Mental Health Services (p. 22)
- Research & Extension, K-State (p. 24)

SLEEP & STRESS

On-Campus:

- Counseling Services (p. 17)
- Veterinary Medical Counseling Services (p. 31)

Off-Campus:

- Mercy Regional Health Center (p. 20)
- Research & Extension, K-State (p. 24)

SMOKING CESSATION

On-Campus:

- Counseling Services (p. 17)
- Lafene Health Center (p. 22)

Off-Campus:

- Health Department, Riley County (p. 20)
- Healthy Kansas (p. 20)

WOMEN'S HEALTH

On-Campus:

- Lafene Health Center (p. 22)
- Women's Center (p. 32)

Off-Campus:

- Crisis Center, Manhattan (p. 17)
- Health Department, Riley County (p. 20)
- Mercy Regional Health Center (p. 23)

For more explanation of the resources, see the *Resource Description* on the following pages or check out the K-State HD website which is continuously updated.

www.k-state.edu/hd

Resource Descriptions

Mercy Regional Health Center

Mercy Regional Health Center provides a number of different resources, programs, and educational services, such as sleep disorder services, nutrition clinic, occupational health, pain management, weight management, and much more.

Location: 1823 College Ave, Manhattan, KS
Website: <http://mercyregional.org>
Phone: 785.776.3322

McNair Scholars Program

The McNair Scholars Program is a comprehensive program structured to prepare undergraduates for successful careers as graduate students, professors, and professional researchers. This preparation is offered in the form of classes, colloquia, advising, tutoring, faculty mentoring, and the completion of a Summer Research Internship. McNair Scholars must be currently enrolled at K-State as a sophomore or above, an American citizen or permanent resident, and from socio-economic groups which are under-represented in graduate programs and college faculties across the country.

Location: 201 Holton Hall
E-Mail: mcnair@k-state.edu
Website: www.k-state.edu/mcnair
Phone: 785.532.6137

Nationally Competitive Scholarship Office

The Nationally Competitive Scholarship Office advises K-State students as they seek to identify and compete for scholarships and other academic prizes that are nationally and internationally competitive. Although the office is located within the College of Arts and Sciences, my charge and goal is to assist students in all KSU Colleges. Please come see me if you have any questions or would just like to talk about possible opportunities. Check out our Website for more information and resources on scholarships and fellowships. You should consult with your Department and/or the Office of Student Financial Assistance if you seek money awarded by K-State.

Location: 112 Eisenhower Hall
E-Mail: jimlth@k-state.edu
Website: www.k-state.edu/artsci/scholarship/
Phone: 785.532.6904

International Student & Scholar Services

The staff members in International Student and Scholar Services provide vital services for K-State's international students, scholars, and their families. K-State has over 1,400 international students and scholars from 100 countries. This includes advice on U.S. immigration regulations, support during their stay in the U.S., and cultural programs. The staff assists them with visa and passport issues, work authorization, entry and exit documentation, certification of status forms, housing, programming and personal concerns. Programs include: Orientations for students, scholars, and dependents, Coffee Hour, Basic Language Training, and International Speaker's Bureau.

Location: Corner of Claflin & Mid-campus drive
E-Mail: isc-fso@k-state.edu
Website: www.k-state.edu/intlstucenter
Phone: 785.532.6448

Lafene Health Center

Lafene Health Center offers K-State students comprehensive, high quality, easily accessible, affordable outpatient health care. Lafene also serves as a resource and an advocate for health education, promotion and wellness. Services include: allergy and immunization services including information you'll need for traveling; general clinic services such as athletic physicals or preliminary examinations; health promotion including a resource center, peer education programs, presentations on health topics, and college credit courses; self-assessments; nutrition counseling; a pharmacy for over-the-counter medications and refills; physical therapy; and radiology. They also have asthma, sports medicine, and women's clinics.

Location: 1105 Sunset Avenue (adjacent to the west side of campus)
E-Mail: lafene@k-state.edu
Website: www.k-state.edu/lafene
Phone: 785.532.6544 (general); 785.532.6554 (women's clinic);
785.532.6595 (health promotion & nutrition counseling)

Libraries, K-State

Need help on a research paper? Need a quiet place to study? The K-State Libraries are available to help you with both online and in-person services. Get information at your fingertips through their online website, ask a librarian a question through their instant message system, or talk to a subject librarian in person for tips in how and where to start using the library for your needs.

Website: www.lib.ksu.edu
Phone: 785.532.3014



To use the Resource Descriptions: The resources are in alphabetical order. Each resource has a short description of the services it provides and contact information. Many have websites that can provide you or the person you are helping with more information.

Academic Advising

Find resources on the K-State Academic Advising website to help you prepare before meeting with your advisor.

E-Mail: advising@k-state.edu
Website: www.k-state.edu/advising

Academic Assistance Center

Having a hard time transitioning into college-level academics? Need help with homework? The Academic Assistance Center (AAC) provides programs for students who are having difficulty transitioning into school academically and may need more structure and support. Free tutoring is provided for a variety of introductory courses. They also administer entrance and professional exams. Another program offered through AAC is the Academic Transition program which provides social, emotional, and academic support to underrepresented students during their first year or when they are at-risk academically.

Location: 101 Holton Hall
E-Mail: academic_help@k-state.edu
Website: www.k-state.edu/aac
Phone: 785.532.6492

Academic & Career Information Center (ACIC)

Trying to decide on a major? Unsure which career choice is the best for you? At ACIC, students may take a free career assessment or enroll in Academic and Career Decisions (EDCEP120) to explore majors, define values and interests, and explore careers. Print resources are also available for career information, salary information, employment profiles, K-State curriculum guides, and graduate school and test preparation materials.

Location: 14 Holton Hall
E-Mail: acic@k-state.edu
Website: www.k-state.edu/acic
Phone: 785.532.7494

Academic Resource Centers (Derby & Kramer)

The Academic Resource Centers offer a number of services to help you succeed including free tutoring, computer labs, study space, printing and copying. They also provide a number of career related resources to help you decide on a major or even find a job or internship. Students are not required to live in the residence hall to utilize tutoring. Check out their website for more information!

Location: Room 134 Derby Complex and Room 121 Kramer Complex
 E-Mail: housing@k-state.edu
 Website: housing.k-state.edu/arc
 Phone: 785.532.2646 (Derby)
 785.532.3491 (Kramer)

ADA Compliance, City of Manhattan

As the City's ADA coordinator, Larry Hackney ensures that the City's programs, facilities, and services are compliant with Title II of the Americans with Disabilities Act. He provides informational and technical support to businesses, individuals, and other entities external to the City government. He works closely with disability advocacy groups, helps to solve problems, and looks into disability related complaints.

E-Mail: hackney@ci.manhattan.ks.us
 Website: www.ci.manhattan.ks.us/index.asp?NID=427
 Phone: 785.587.2443

Affirmative Action, Office of

Have you been affected by biased acts or harassment? Have you been discriminated against because of your race, ethnicity, gender, age, disability, sexual orientation, religious or political beliefs, economic status, or any other differences that have led to misunderstandings, hostility, and injustice? If so, the Office of Affirmative Action provides prompt and equitable resolution of your complaint.

Location: 214 Anderson Hall
 E-Mail: affact@k-state.edu
 Website: www.k-state.edu/affact
 Phone: 785.532.6220

Housing & Dining, K-State

Housing & Dining Services offers number of different living environments, nutritious food, and interpersonal opportunities available for you. They also oversee the Academic Resource Centers. Check out their website for more information on what is available!

Location: 104 Pittman Building
 E-Mail: housing@k-state.edu
 Website: housing.k-state.edu/housing.k-state.edu/dining (Dining Resources)
 Phone: 785.532.6453

Human Nutrition, Department of

The Department of Human Nutrition, in the College of Human Ecology, discovers, disseminates and applies knowledge to promote improved food choices, nutritional status, and well-being of people.

Location: 119 Justin Hall
 E-Mail: heinfo@humeec.k-state.edu
 Website: www.humeec.k-state.edu/hn
 Phone: 785.532.5500

K-State Proud Student Opportunity Awards

Administered by the K-State Student Foundation, Student Opportunity Awards are allocated by a student allocations committee to help students who are struggling to make ends meet and have exhausted all other forms of financial assistance. Faculty are encouraged to nominate deserving students, students may nominate fellow students, or the student may self nominate. Student Opportunity Awards have no application deadline; awards are made year-round.

Website: www.found.k-state.edu/k-stateproud
 Phone: 785.532.6266

International Programs, Office of

The mission of the Office of International Programs (OIP) is to lead the internationalization of K-State by supporting and collaborating with faculty, students, and scholars. The OIP oversees the following units: Study Abroad, the English Language Program, the International Student Center, and International Recruiting for K-State. OIP also organizes a variety of international events such as International Education Week (occurs in Fall), International Week (occurs in Spring), International Buddies Program, International Educator Award, and much more. Please check out their website to learn more about what's happening with International Programs.

Location: 304 Fairchild Hall
 E-Mail: oip@k-state.edu
 Website: www.k-state.edu/oip
 Phone: 785.532.5990

Financial Assistance, Office of Student

Questions about your financial aid at K-State? Not sure how to fill out your FAFSA or questions regarding other forms financial aid, including scholarships? Talk to your own personal financial advisor or a peer advisor at the Office of Student Financial Assistance or check out the “FAQs” portion of their website.

Location: 104 Fairchild Hall
 E-Mail: finaid@k-state.edu
 Website: www.k-state.edu/sfa
 Phone: 785.532.6420 or 877.817.2287 (toll free)

Greek Life

The Greek community provides many opportunities in leadership, service, honor societies, community traditions, and more. Check out their website or contact their office to find out how you can get involved.

Location: 214 K-State Student Union
 E-mail: greekaffairs@k-state.edu
 Website: www.k-state.edu/greek
 Phone: 785.532.5546

Health Department, Riley County

The Riley County Health Department provides clinics and community programs. They provide education through brochures, presentations, and newsletters on nutrition, fitness, flu/cold prevention, smoking cessation, and much more. Their clinics provide family planning, immunizations, HIV/AIDS care, communicable diseases, and more.

Location: 2030 Tecumseh Rd., Manhattan, KS
 Website: www.rileycountyks.gov/index.asp?NID=286
 Phone: 785.776.4779

Healthy Kansas

Healthy Kansas is a program out of the Kansas Department of Health and Environment. Their website provides resources for increasing your activity level, eating better, and avoiding tobacco use. The 24-hour toll-free Kansas Tobacco Quitline provides screening, counseling, support materials, and referral for tobacco cessation.

E-Mail: healthykansas@kdhe.state.ks.us
 Website: www.healthykansas.org
 Tobacco Quitline: 1-866-KAN-STOP (1-866-526-7867)

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help other to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; they are self-supporting through our own contributions. Check out the website for more information on meeting locations, times, and contact information. Their phone is answered 24 hours.

Website: www.aakansas.org/aaks
 Phone: 785.537.8511

Alcohol & Other Drug Education

The Alcohol and Other Drug Education Service program is focused toward the K-State and Manhattan community. The major purpose of the program is to provide accurate and timely information on the physical effects and social issues related to alcohol and other drug use. Services available for students include educational presentations, consultation, basic assessment, intervention assistance, and referral services.

Location: 214 English/Counseling Services Building (2nd floor)
 Website: www.k-state.edu/counseling/student/alcohol.htm
 Phone: 785.532-6927

American Red Cross of Geary County & Flint Hills

The American Red Cross offers a number of different educational and training programs such as First Aid/CPR, lifeguard training, and workplace training. They also offer a variety of emergency services such as disaster services and community blood drives.

Location: 2601 Anderson Ave, Manhattan, KS
 E-Mail: info@thinkred.org
 Website: www.thinkred.org
 Phone: 785.537.2180

CashCourse

The CashCourse website provides numerous resources on financial basics, paying for college, college life, and the world of work. Information about finding scholarships, creating a budget, stretching your dollars, dealing with debit and credit cards, and more is available on this site. If you have a financial question, try this out first.

Website: www.cashcourse.org/ksu

Career & Employment Services (CES)

Need a part-time job? Looking for an internship for the summer? Graduating and need a job? Career & Employment Services provides career advising, training, employment connections, and resources to K-State students, alumni, faculty, administration, employers and members of the community which the university serves. The professional advising staff at CES is available to assist students with resume development, interview skills, job searching, and other career-related concerns.

Location: 100 Holtz Hall
 E-Mail: ces@k-state.edu
 Website: www.k-state.edu/ces
 Phone: 785.532.6506

Child Development Center

The K-State Child Development Center is a non-profit organization designed to support the K-State community by providing quality care and learning experiences for young children of faculty, staff, students and alumni. The center also provides a place for K-State students to work, do course-work observations, practicums, and internships. The Center currently offers four different developmentally designed programs to meet the needs of the five different age groups of the children we serve, from 1 year to 12 years of age. They also offer reduced fees for low-income faculty/staff/alumni, transportation to and from all schools, full-day care, flexible care, and drop-in care. They have different enrollment options, educational and recreational field trips, and resources for parents.

Location: 1948 Jardine Dr. L-9
 E-Mail: childcare@k-state.edu
 Website: www.k-state.edu/ksucdc
 Phone: 785.532.3700

Colleges & Departments

Talk to someone in your College and/or Department to find out opportunities for scholarships, fellowships, internships, research experiences, and more. They may be able to lead you in the right direction for your field of interest. Phone numbers for the Colleges and Departments are located on the website.

Website: www.k-state.edu/directories/academic/html

Diversity & Multicultural Programs

Diversity and multicultural programs are overseen by the Office of Diversity & Dual Career Development. They provide a network of support for multicultural students, foster leadership development, and generate campus programs that affirm cultural heritage. There are twenty-three multicultural student organizations that provide numerous observances, dances, step shows, and more.

Location: 224 Anderson Hall
 E-Mail: ddcd@k-state.edu
 Website: www.k-state.edu/ddcd
 Phone: 785.532.6276

Educational Support Services (ESS)

Educational Supportive Services is a federally funded TRIO Program. Their goal is to help first-generation, low-income and disabled Kansas State University students earn their undergraduate degrees. They provide services to help students improve class performance and find the necessary resources (academic, financial, career, etc.) on campus and in the community so that they graduate achieve their life goals. All services are free to program participants.

Location: 201 Holton Hall
 E-Mail: ess@k-state.edu
 Website: www.k-state.edu/ess
 Phone: 785.532.5642

Family Center, K-State

The K-State Family Center provides individual, couple, family and group therapy. Marriage and family therapy faculty, doctoral and master's students staff the center. The Family Center provides a range of services including: Relationship counseling, Family therapy, Play therapy, Child and adolescent therapy, Divorce and separation adjustment, Counseling for single-parent families, Counseling for blended families, Therapy for those dealing with grief and loss, Trauma therapy, Individual therapy for those dealing with life transitions, chronic illness, anxiety and depression, Parent education programming and parent counseling, and Mediation.

Location: Campus Creek Complex, on campus
 E-Mail: heinfo@humeec.k-state.edu
 Website: www.humeec.k-state.edu/familycenter
 Phone: 785.532.6984

Departmental Help Rooms

Several academic departments offer departmental “help rooms” to assist students enrolled in their courses. Students can go to the help rooms during their hours of operation for assistance. Other departments offer regularly scheduled review sessions for specific courses. Currently, the following departments offer help rooms and/or review sessions.

Biology – Ackert Hall, see specific course syllabus

Chemistry – Chemistry/Biology Bldg, room 212

Economics – Durland Hall, room 1069

Mathematics – Burt Hall, room 204; Cardwell Hall, rooms 120, 122, 129, 130, 131; Leasure Hall, room 201

Physics – Cardwell Hall, room 224

Statistics – Dickens Hall, room 04

Developing Scholars Program

The Developing Scholars Program selects academically motivated, underrepresented undergraduate students to work as paid research assistants for K-State faculty. DSP enrolls sixty students annually. Students may participate for up to three years. The program provides academic, social, and financial support; fosters mentoring and tutoring relationships among participants, and organizes forums and symposiums where students present their research efforts.

Location: 201 Holton Hall
 Website: www.k-state.edu/scholars
 Phone: 785.532.5864

Disability Support Services

The Disability Support Services office provides a wide range of accommodations and services to students with documented disabilities. Services and accommodations are individually designed to address the specific needs of the student. Examples of accommodations are sign language interpreters, testing accommodations, not taking assistance, varied textbooks, and residence hall modifications.

Location: 202 Holton Hall
 E-Mail: dss@k-state.edu
 Website: www.k-state.edu/dss
 Phone: 785.532.6441

Consumer & Tenant Affairs (OSAS)

The Consumer and Tenant Affairs Office serves Kansas State University students by disseminating information in consumer and tenant matters. CTA will provide information on landlord/tenant rights and responsibilities and aid in the resolution of consumer complaints regarding products and/or services. CTA also provides several brochures regarding consumer issues and landlord/tenant information.

Location: 809 K-State Student Union (ground floor)
 Website: www.k-state.edu/osas/cta.htm
 Phone: 785.532.6541 (call to make an appointment)

Counseling Services

Having a hard time adjusting on campus? Problems dealing with stress, family, relationships, alcohol, eating disorders, or other issues? Counseling services provides short-term, focused counseling in the areas of: decision-making, crisis intervention, solution, adjustment, and matters of personal concern. They also assist in identifying and referring additional resources on campus and in the community. Check out their website resource page for *self-help* tips. Also, the Alcohol and Other Drug Education office supports access to personal assessment on alcohol and other drug use. See the e-Chug link below for self-assessment and receive a feedback profile.

Location: 232 English/Counseling Services Building (2nd floor)
 E-Mail: counsel@k-state.edu
 Website: www.k-state.edu/counseling
 E-Chug - www.k-state.edu/counseling/student/echug.htm
 Phone: 785.532.6927

Crisis Center, Manhattan

The Crisis Center provides confidential comprehensive services for victims of sexual assault and domestic abuse including: 24 hour hotline, crisis intervention, emergency transportation, safe shelter, advocacy, food and subsistence, referral, battered women's support group, rape support group, emotional support and understanding. The staff also provides educational presentations for classes and interested groups.

Phone: Administration Office 785.539-7935
 Crisis Line 785.539-2785 or 800.727.2785