

# Student Resources at UGA

*Where to go for answers, support, involvement, help, guidance, and much more*

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*Updated 9-15-2021*



## Academic and General Assistance

### Student Care and Outreach

<https://sco.uga.edu/>

325 Tate Center, 706-542-7774, [sco@uga.edu](mailto:sco@uga.edu)

The mission of Student Care & Outreach is to coordinate care and assistance for all students, undergraduate and graduate, who experience complex, hardship, and/or unforeseen circumstances, by providing individualized assistance and tailored interventions.

### Division of Academic Enhancement

<https://dae.uga.edu>

103 Hooper St, Milledge Hall, [ugadae@uga.edu](mailto:ugadae@uga.edu)

- Academic Coaching: <https://dae.uga.edu/services/academic-coaching/>
- First Generation Student Resources:  
[https://dae.uga.edu/resources/first\\_generation\\_student\\_resources/](https://dae.uga.edu/resources/first_generation_student_resources/)

DAE empowers all students to achieve success with innovative courses, programs, services, and student-centered initiatives.

### Career Center

<http://www.career.uga.edu/>

Clark Howell Hall, 706-542-3375, [career@uga.edu](mailto:career@uga.edu)

The Career Center can help students choose a major, explore careers, prepare for the job search, apply to grad school, be career reach, and find a mentor, internship, or job.

### Disability Resource Center

<https://drc.uga.edu/>

Clark Howell Hall, 825 South Lumpkin Street, 706-542-8719, [drc@uga.edu](mailto:drc@uga.edu)

Committed to assisting the University of Georgia in educating and serving students with disabilities, to ensure equal educational opportunities as required by the ADA and other legislation, and striving to promote a welcoming academic, physical, and social environment for students with disabilities at UGA.

### Office of Transfer Services

<https://transfer.uga.edu>

114 New College, 706-542-3493, [transfer@uga.edu](mailto:transfer@uga.edu)

Helps transfer students make a smooth transition to UGA and facilitates involvement on campus. See also:

#### Franklin College Transfer Academic Services

<https://osas.franklin.uga.edu/transfer-academic-services>

350 Brooks Hall, 706-542-6400, [kfield@uga.edu](mailto:kfield@uga.edu)

Provides resources, information, and guidance to UGA's Franklin College transfer students

### UGA Libraries

<https://www.libs.uga.edu/askaquestion>

Main Library 706-542-3251 and Science Library 706-542-0698  
Chat online with a reference librarian, contact a subject specialist, arrange research consultations, or text with a librarian.

### **Writing Center**

<https://www.english.uga.edu/writing-center>

Park Hall, Room 66, [writingcenter@uga.edu](mailto:writingcenter@uga.edu)

Free support for students on a wide variety of writing projects.

### **Franklin College Resource List**

<https://www.smores.com/3tujd>

An extensive resource list that also includes helpful tips on registration and other hacks.

## **Financial Assistance**

### **Financial Hardship Resources**

<https://financialhardship.uga.edu>

Student Affairs, 306 Memorial Hall, 706-542-3564, [askstudentaffairs@uga.edu](mailto:askstudentaffairs@uga.edu)

Guidance and resources to help students understand all of the available options in times of financial hardship.

### **Student Emergency Fund**

[https://studentaffairs.uga.edu/vp/content\\_page/emergency-fund](https://studentaffairs.uga.edu/vp/content_page/emergency-fund)

Student Affairs, 306 Memorial Hall, 706-542-3564, [askstudentaffairs@uga.edu](mailto:askstudentaffairs@uga.edu)

Limited, one-time financial assistance to enrolled students who are unable to meet immediate, essential expenses because of temporary hardship related to an emergency situation, such as an accident, illness, death of a family member, natural disaster, or other unforeseen circumstance.

### **Graduate Student Emergency Fund**

<https://grad.uga.edu/index.php/current-students/financial-information/graduate-school-based-financial-assistance/unexpected-financial-hardship/graduate-student-emergency-fund/>

Provides financial assistance to full-time, currently enrolled, degree-seeking graduate students who, due to circumstances beyond their control, have suffered an unforeseen, acute, and temporary crisis that causes a financial hardship.

### **Financial Aid**

<https://osfa.uga.edu>

220 Holmes/Hunter Academic Building, 706-542-6147, [osfa@uga.edu](mailto:osfa@uga.edu)

Informing current students of the resources and services available to them to secure funds for financing their education, advising students of their eligibility for financial assistance in a timely manner, and educating them about the financial and academic responsibilities associated with the receipt of that aid.

### **Single Semester Short Term Loan**

[https://busfin.uga.edu/bursar/bursar\\_single\\_semester](https://busfin.uga.edu/bursar/bursar_single_semester)

Bursar's Office, 706-542-2965, [stuacct@uga.edu](mailto:stuacct@uga.edu)

A small, one-time single semester loan with no interest.

### **Embark@UGA**

<https://sco.uga.edu/sco/embarkuga>

325 Tate Student Center, 706-542-7774, [embark@uga.edu](mailto:embark@uga.edu)

Support for students who have experienced homelessness and/or foster care.

### **Food Scholarship**

<https://tate.uga.edu/food-scholarship>

Tate Center, 45 Baxter St, 706-542-3816, [latbde@uga.edu](mailto:latbde@uga.edu)

Scholarship that supports students who struggle to afford adequate nutrition and allows them to concentrate on academic success without the worry of securing their next meal (allows them to participate in the meal plan through Food Services).

### **Franklin Fridge**

[https://osas.franklin.uga.edu/sites/default/files/plc%20logo\\_Franklin%20Fridge.pdf](https://osas.franklin.uga.edu/sites/default/files/plc%20logo_Franklin%20Fridge.pdf)

350 Brooks Hall

For students who are thirsty, hungry, or short on time: need a snack, take a snack.

### **Bulldog Basics**

<https://www.fcs.uga.edu/ssac/bulldog-basics>

Pick up locations at Tate, Dawson, and Aspire Clinic. [bulldogbasics@uga.edu](mailto:bulldogbasics@uga.edu)

Provides personal care and toiletry items to UGA students on the Athens campus.

### **Swap Shop**

<https://sustainability.uga.edu/student-programs/swap-shop/>

MLC Room 278, [swap@uga.edu](mailto:swap@uga.edu)

A place to trade personal items, which keeps usable goods out of landfills and recirculates them back to the campus community. It functions like a free thrift store.

### **UGA Student Food Pantry**

<https://ugapantry.weebly.com/>

146 Tate Student Center, Open M-F 10:00-2:00, 706-542-4612, [ugapantry@gmail.com](mailto:ugapantry@gmail.com)

Provides non-perishable & refrigerated food items to students in need.

### ***Useful reading and additional resources:***

#### **Being Not-Rich at UGA**

<https://docs.google.com/document/d/1mxZdZwNwIAAn2ZoNdWhx-UuMqJBOZ6PTF-5wLXMSUIKY/edit?fbclid=IwAR2UVY1McuysnBWaXIKuomyTC87qB16AMYRhclS9gIXkQCld5dtcihQ9tuA#heading=h.wu0f8u5afrpm>

A crowdsourced guide by UGA students “for anyone who has ever felt marginalized on campus — particularly students who are economically disadvantaged, and especially low-income students of color, whose racial background is often compounded by their SES. In it, we lay out the issues with which we grapple most and their solutions, both immediate and long-term.”

### **Advice for first-generation and low-income college students**

<https://blog.collegeboard.org/advice-first-generation-and-low-income-college-students>

### **Community Connection Information Referral Help Line**

United Way of Northeast Georgia health and human service helpline

Dial 211 or text your zip code to 898-211

<http://www.navigateresources.net/uwng/>

Connecting people to local resources to meet their immediate needs including food distribution, rent assistance, electric assistance, job search programs, health and mental health care, and more.

## **Discrimination, Harassment, Violence, Misconduct**

### **Equal Opportunity Office (EEO)**

<https://eoo.uga.edu/>

278 Brooks Hall, 706-542-7912, [ugaeoo@uga.edu](mailto:ugaeoo@uga.edu)

Responsible for ensuring that UGA complies with all applicable laws and policies regarding discrimination and harassment on the basis of race, sex (including sexual harassment and pregnancy), gender identity, sexual orientation, ethnicity or national origin, religion, age, genetic information, disability or veteran status.

- NDAH: <https://eoo.uga.edu/policies-resources/ndah-policy/>
- Title IX: <https://eoo.uga.edu/policies-resources/title-ix-sex-discrimination-harassment/>
- Mandated Reporting: <https://eoo.uga.edu/sexual-misconduct-policy/>

### **Relationship and Sexual Violence Prevention (RSVP)**

<https://www.uhs.uga.edu/rsvp/rsvp-intro>

55 Carlton Street, 706-542-1162

Provides free advocacy and support for students impacted by sexual assault, relationship violence, domestic violence, stalking, sexual harassment, and other related experiences. Advocacy is a safe and confidential starting point for any student impacted by these issues. Meeting with a trained advocate does not trigger any investigation or formal reporting or complaint process.

### **UGA Ombudspersons**

<https://eoo.uga.edu/policies-resources/the-ombudspersons/>

**Charisse Harper**, ombudsperson for students: 706-542-8544; [charper@uga.edu](mailto:charper@uga.edu)

Independent, neutral, and informal resources for UGA students, faculty, and staff; advocates for fairness that function as a source of information and referral. They assist, to the extent possible, in informally resolving concerns brought to their attention. They serve as third-party information providers who remain neutral while assisting individuals in having their concerns addressed through appropriate channels, including those related to discrimination and harassment.

## Diversity and Inclusion

### **Multicultural Services and Programs**

<https://msp.uga.edu>

404 Memorial Hall, 706-542-5773, [mspinfo@uga.edu](mailto:mspinfo@uga.edu)

Works to create an inclusive campus environment by supporting the development and affirming the overall experiences of all students, particularly multicultural students.

### **Office of Institutional Diversity**

<http://diversity.uga.edu>

210 Holmes-Hunter Academic Building, 706-583-8195, [diverse@uga.edu](mailto:diverse@uga.edu)

Committed to diversity and inclusion initiatives at UGA and a hub for information, resources and expertise regarding diversity issues.

### **LGBT Resource Center**

<https://lgbtcenter.uga.edu>

221 Memorial Hall, 706-542-4077, [lgbtrc@uga.edu](mailto:lgbtrc@uga.edu)

A space to engage with and explore issues associated with sexual and gender identities, the center's mission is to create an inclusive and sustainable space of self-discovery for the LGBT community within UGA.

### **International Student Life**

<https://isl.uga.edu>

210 Memorial Hall, 706-542-5867, [isl@uga.edu](mailto:isl@uga.edu)

Enhancing the student-learning environment through programs and services that internationalize the campus experience through transition & support, programming & outreach, engagement & leadership.

### **Student Veterans Resource Center**

<https://svrc.uga.edu>

481 Tate Student Center, 706-542-7872, [svrc@uga.edu](mailto:svrc@uga.edu)

Positions military-connected students for success by serving as the go-to location for sensemaking, wayfinding, and entry into an array of university services.

## Disability Support and Resources

### **Disability Resource Center**

<https://drc.uga.edu/>

Clark Howell Hall, 825 South Lumpkin Street, 706-542-8719, [drc@uga.edu](mailto:drc@uga.edu)

Committed to assisting the University of Georgia in educating and serving students with disabilities, to ensure equal educational opportunities as required by the ADA and other legislation, and striving to promote a welcoming academic, physical, and social environment for students with disabilities at UGA.

### **Regents Center for Learning Disorders**

<https://rclid.uga.edu/>

331 Milledge Hall, 706-542-4589, [rclid@uga.edu](mailto:rclid@uga.edu)

Established to provide assessment, training, research, and resources related to students who have learning disorders. Note: there may be ways to get scholarships or discounts to pay for documentation needed for DRC accommodations.

### **Center for Personal Evaluation and Counseling**

<https://coe.uga.edu/directory/counseling-and-personal-evaluation>

424 Aderhold Hall, 706-542-8508

A mental health clinic that provides professional services for a wide range of interpersonal, behavioral, and educational concerns, including ADHD, learning disabilities, psychological evaluation, and counseling.

### **School Psychology Clinic**

<https://coe.uga.edu/directory/school-psychology-clinic>

302 Aderhold Hall, 706-542-4265, [scpsycl@uga.edu](mailto:scpsycl@uga.edu)

General psychoeducational evaluation services, autism diagnostic evaluation services.

### ***Useful readings:***

#### **Handbook for Autistic Students Navigating College**

<https://autisticadvocacy.org/book/navigating-college/>

#### **ADHD Survival Guides**

[https://www.additudemag.com/adhd-and-college-survival-guide/?fbclid=IwAR0sum-K0\\_RhNrmduJfb1hbNsqBp7trOXHmg2yY\\_hL9jfxVO7Tbb7H0-Vuc](https://www.additudemag.com/adhd-and-college-survival-guide/?fbclid=IwAR0sum-K0_RhNrmduJfb1hbNsqBp7trOXHmg2yY_hL9jfxVO7Tbb7H0-Vuc)

[https://letsqueerthingsup.com/2017/07/22/adhd-survival-guide/?fbclid=IwAR3ogcoEN\\_tj8BIKj-FgpROXDKcc75XOh1ryGGaCHSvegcvT-RzwUJeuk\\_Y](https://letsqueerthingsup.com/2017/07/22/adhd-survival-guide/?fbclid=IwAR3ogcoEN_tj8BIKj-FgpROXDKcc75XOh1ryGGaCHSvegcvT-RzwUJeuk_Y)

#### **College Guide for Students with Learning Disabilities**

<https://www.bestcolleges.com/resources/college-planning-with-learning-disabilities/>

## **Students with Disabilities: preparing for postsecondary education (rights and responsibilities)**

<https://www2.ed.gov/about/offices/list/ocr/transition.html>

### **“Failing at Normal: An ADHD Success Story”**

“How to ADHD” creator Jessica McCabe TED Talk

<https://youtu.be/JiwZQNYIGQI>

### **“Three ideas. Three contradictions. Or not.”**

Autistic comedian Hannah Gadsby TED Talk

<https://youtu.be/87qLWFZManA>

### **Spoon Theory – living with disability**

<https://butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>

### **Spoon Theory and Autism**

<https://themighty.com/2016/08/how-the-spoon-theory-helps-me-as-someone-with-autism/>

### **College Inclusion Summit (a.k.a. College Autism Summit)**

<https://collegeinclusionsummit.org>

### **Disability Isn't a Bad Word: A How-to Guide for my College Peers & Administrators**

<https://kathrynpoe.medium.com/disability-isnt-a-bad-word-7d5e04d93218>

## **Mental Health Support and Counseling**

### **ASPIRE Clinic**

<https://www.aspireclinic.org/>

706-542-4486, [aspire@uga.edu](mailto:aspire@uga.edu)

Low cost services for clients interested in financial counseling & planning, nutrition counseling, legal problem-solving, as well as couple & family therapy.

### **Counseling and Psychiatric Services (CAPS)**

<https://www.uhs.uga.edu/caps/welcome>

University Health Center, 55 Carlton Street 706-542-2273 (M-F 8-5) & after hours crisis 706-542-2200 (UGA police) and ask to speak with a CAPS clinician.

CAPS is also a useful resource for referral appointments when a student needs long-term therapy.

### **Psychology Clinic**

<http://psychology.uga.edu/clinic-information>

125 Baldwin Street, 706-542-2174

Outpatient mental health clinic for Athens community of all age groups, low cost



### **Center for Personal Evaluation and Counseling**

<https://coe.uga.edu/directory/counseling-and-personal-evaluation>

424 Aderhold Hall, 706-542-8508

A mental health clinic that provides professional services for a wide range of interpersonal, behavioral, and educational concerns, including ADHD, learning disabilities, psychological evaluation, and counseling.

### **University Health Center Emergency and After Hour Care**

<https://www.uhs.uga.edu/info/emergencies>

- Alcohol & Other Drugs: <https://www.uhs.uga.edu/aod/fontaine> 706-542-8690
- Christie Campus Health, <https://ugawellnesshub.com/> free services 24/7 support from minor to severe concerns 833-910-3371
- Relationship & Sexual Violence Prevention & Advocacy Services (RSVP) 24/7 Hotline – free & confidential, 706-542-SAFE (7233)
- UHC patient after hour to speak with a nurse: 855-622-1909

### **Suicide Prevention**

<https://www.uhs.uga.edu/healthtopics/suicide-prevention>

CAPS after hour crisis: 706-542-2200 (UGA police) and ask to speak with a CAPS clinician

#### **National Suicide Hotline**

<https://suicidepreventionlifeline.org/>

800-273-8255 or 877-784-2432 (Spanish)

#### **Georgia Crisis and Assess Hotline (GCAL) – 24/7**

<https://www.georgiacollaborative.com/providers/georgia-crisis-and-access-line-gcal/>

800-715-422

### ***Additional Resources (outside of UGA)***

#### **Community Connection Information Referral Help Line**

United Way of Northeast Georgia health and human service helpline

Dial 211 or text your zip code to 898-211

<http://www.navigateresources.net/uwng/>

#### **The Cottage Sexual Assault Center & Children's Advocacy Center (Athens):**

<https://www.northgeorgiacottage.org/>

(24/7 hotline) 877-363-1912

#### **DFCS Child Protective Center – Report Child Abuse**

<https://dfcs.georgia.gov/cps-after-hours-call-center>

855-422-4453

### **Georgia Crisis and Assess Hotline (GCAL)**

<https://www.georgiacollaborative.com/providers/georgia-crisis-and-access-line-gcal/>  
24/7 help for problems with developmental disabilities, mental health, drugs, or alcohol  
800-715-422

### **NAMI (National Alliance on Mental Illness):**

- Georgia: <https://namiga.org/> 770-408-0625, 770-225-0804 (Spanish), “You are not alone” free confidential crisis counseling, M-F 9-5. In a crisis (24/7), text “NAMI” to 741741. NAMI’s mission is to provide support, education and advocacy, to all individual families affected by mental illness to build better lives. Goal: to provide hope, inclusion, empowerment, compassion, and fairness.
- NAMI National Help/Resources: <https://www.nami.org> 800-950-NAMI (6264)

### **Peer-to-Peer Warm Line**

“Everyone needs someone to listen”

<https://www.gmhcn.org/peer2peer-warm-line> 888-945-1414

### **Project Safe**

<https://www.project-safe.org/>

24/7 Crisis Line 706-543-3331

Teen Textline 706-765-8019

Domestic violence crisis intervention, support, advocacy, prevention, education.

### ***Useful Readings:***

#### **College students and depression/anxiety:**

<https://www.psychologytoday.com/us/blog/changing-times-changing-mental-health/202007/anxiety-and-depression-in-college-students>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/college-students-and-depression>

#### **How to help a friend with depression**

<https://ugawellnesshub.com/help-friend-with-depression/>

## **Alcohol and Substance Abuse**

### **The Fontaine Center**

<https://healthpromotion.uga.edu/fontaine-center/>

University Health Center, Health Promotion Department, M-F 8-5 (closed 12-1), 706-542-8690

Alcohol and Substance Misuse prevention, early intervention, and recovery support services.

## ***Off Campus Resources:***

### **Alcoholics Anonymous – virtual meetings**

[https://www.aa.org/press-releases/en\\_US/press-releases/aa-groups-using-digital-platforms-to-find-sobriety-during-coronavirus-covid-19-outbreak](https://www.aa.org/press-releases/en_US/press-releases/aa-groups-using-digital-platforms-to-find-sobriety-during-coronavirus-covid-19-outbreak)

### **Al-Anon**

<https://www.ga-al-anon.org>

Support and resources for friends and families of problem drinkers

### **Adult Children of Alcoholics**

<https://adultchildren.org/quick-search/?onlinebt=Click+Here>

Online, phone, and local meetings

### **Narcotics Anonymous**

<https://www.na.org>

Free, community-based organization with resources, support, and meetings for help and recovery of addicts in general

### **Nar-Anon**

<http://www.naranonga.com>

Support and resources for friends and relatives of those suffering from addiction

## **General Well-being and Self-care**

### **University Health Center**

<https://uhs.uga.edu>

55 Carlton Street, 706-542-1162, M-F 8-5 (by appt), pharmacy M-F 8-6

- BeWellUGA <https://healthcenter.uga.edu/bewelluga/>
- Wellness Coaching <https://www.uhs.uga.edu/wellnesscoaching/getstarted>

### **Wellness: Christie Campus Health**

<https://ugawellnesshub.com>

Wellbeing resources for UGA students

### **Managing Stress: A Guide for College Students**

<https://healthpromotion.uga.edu/stress>

### **Recreational Sports**

<https://recsports.uga.edu>

### **Outdoor Trips and Clinics**

<https://recsports.uga.edu/trips-and-clinics/>

## **State Botanical Garden of Georgia**

<https://botgarden.uga.edu>

## **Connecting/Engaging on Campus**

### **Center for Engagement, Leadership, and Service**

<https://els.uga.edu>

102 Tate Student Center, 45 Baxter Street, 706-542-6396, [egaels@uga.edu](mailto:egaels@uga.edu)

Student organizations, activities, service opportunities, leadership, and more.

### **Multicultural Services and Programs**

<https://msp.uga.edu>

404 Memorial Hall, 706-542-5773, [mspinfo@uga.edu](mailto:mspinfo@uga.edu)

Works to create an inclusive campus environment by supporting the development and affirming the overall experiences of all students, particularly multicultural students.

### **Office of Institutional Diversity**

<http://diversity.uga.edu>

210 Holmes-Hunter Academic Building, 706-583-8195, [diverse@uga.edu](mailto:diverse@uga.edu)

Committed to diversity and inclusion initiatives at UGA and a hub for information, resources and expertise regarding diversity issues.

### **LGBT Resource Center**

<https://lgbtcenter.uga.edu>

221 Memorial Hall, 706-542-4077, [lgbtrc@uga.edu](mailto:lgbtrc@uga.edu)

A space to engage with and explore issues associated with sexual and gender identities, the center's mission is to create an inclusive and sustainable space of self-discovery for the LGBT community within UGA.

### **International Student Life**

<https://isl.uga.edu>

210 Memorial Hall, 706-542-5867, [isl@uga.edu](mailto:isl@uga.edu)

Enhancing the student-learning environment through programs and services that internationalize the campus experience through transition & support, programming & outreach, engagement & leadership.

### **Office of Service Learning**

<https://servicelearning.uga.edu>

1242 ½ S. Lumpkin St, 706-542-8924

Supports academic service-learning and community engagement initiatives designed to enhance students' civic and academic learning, promote engaged research that is responsive to community needs, and contribute to the public good through mutually beneficial community-university partnerships.

**Student Transitions**

<https://transitions.uga.edu>

48 Baxter Street Ste 126, 706-583-0830, [transitions@uga.edu](mailto:transitions@uga.edu)

Dedicated to supporting students through key times of transition during their time at UGA. Helps students connect to campus resources, learn strategies to effectively navigate their collegiate experience, and take part in various transition programming opportunities.

**Office of Transfer Services**

<https://transfer.uga.edu>

114 New College, 706-542-3493, [transfer@uga.edu](mailto:transfer@uga.edu)

Helps transfer students make a smooth transition to UGA and facilitates involvement on campus.

**Student Veterans Resource Center**

<https://svrc.uga.edu>

481 Tate Student Center, 706-542-7872, [svrc@uga.edu](mailto:svrc@uga.edu)

Positions military-connected students for success by serving as the go-to location for sensemaking, wayfinding, and entry into an array of university services.

***Off-Campus Resource*****Flagpole Guide to Athens**

<https://guide.flagpole.com>

Annual guide to life in the local community beyond UGA's campus.