Student Resources at UGA

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

ACADEMIC AND GENERAL ASSISTANCE ................................................................. 2
FINANCIAL ASSISTANCE .................................................................................... 3
DISCRIMINATION, HARASSMENT, VIOLENCE, MISCONDUCT ............................. 5
DIVERSITY AND INCLUSION ............................................................................... 6
DISABILITY SUPPORT AND RESOURCES ............................................................ 6
MENTAL HEALTH SUPPORT AND COUNSELING ............................................. 8
ALCOHOL AND SUBSTANCE ABUSE .................................................................... 10
GENERAL WELL-BEING AND SELF-CARE ........................................................ 11
CONNECTING/ENGAGING ON CAMPUS ............................................................ 12

Updated Oct. 1, 2021

UNIVERSITY OF GEORGIA
Academic and General Assistance

Student Care and Outreach
https://sco.uga.edu/
325 Tate Center, 706-542-7774, 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
- Academic Coaching: https://dae.uga.edu/services/academic-coaching/
- 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
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
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
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
  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
Free support for students on a wide variety of writing projects.

Franklin College Resource List
https://www.smore.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
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
Student Affairs, 306 Memorial Hall, 706-542-3564, 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
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
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
Bursar’s Office, 706-542-2965, 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
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
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
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
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
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
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/1mxZdZwNwIAn2ZoNdWhx-UuMqJBOZ6PTF-5wLXMSUIKY/edit?fbclid=IwAR2UVY1McuysnBWaXlKuomyTC87qB16AMYRhclS9giXkQCld5dcihQ9tuA#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**

**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.navigatoresources.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 (EOO)**
https://eoo.uga.edu/
278 Brooks Hall, 706-542-7912, 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
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
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
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
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
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
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
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://rcld.uga.edu/
331 Milledge Hall, 706-542-4589, rcl@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
General psychoeducational evaluation services, autism diagnostic evaluation services.

Useful readings:

Handbook for Autistic Students Navigating College

ADHD Survival Guides
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=lwAR3ogcoEN_tj8BIKj-FgpROXDKcc75XO1ryGGaCHSvegcvt-
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/JiwZQNYlGQI

“How to ADHD” creator Jessica McCabe TED Talk
https://youtu.be/JiwZQNYlGQI

“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

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
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
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.navigatorresources.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)
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.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

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

Multicultural Services and Programs
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210 Memorial Hall, 706-542-5867, 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
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.

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114 New College, 706-542-3493, 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
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.