

Facing Obstacles: Let us connect you to the resources you need.

Health & Wellness

Do you need help with mental health?

- <https://www.owens.edu/counseling/>

Do you need help finding info about health insurance?

Would you like to exercise?

- <https://www.owens.edu/facilities/shac/>

Are you struggling to manage stress?

- <https://www.owens.edu/facilities/shac/>
- <https://www.everydayhealth.com/college-health/college-life-10-ways-to-reduce-stress.aspx>
- <https://www.owens.edu/counseling/>

Do you need resources for addiction support?

- Compass (inpatient/outpatient treatment) (419) 241-8827, www.ccrscompass.org
- United Way 2-1-1

Do you have a physical, learning, mental health, chronic health or sensory related disability?

- https://www.owens.edu/disability_services/

Are you interested in joining an athletic team?

- <http://www.owensexpress.com/landing/index>

Do you feel like you could hurt yourself or others?

- When on campus, please pick up a red phone or call (567) 661-7575
- For an emergency situation, call 9-1-1