

Support Resources

At Columbus State, the Compliance Office works to support a healthy, respectful, and welcoming community. We do this by preventing and addressing concerns of discrimination and sexual harassment, which includes sexual violence, and the effects of such behavior on our community.

Support and resources are available even if an individual chooses not to make a formal complaint or pursue an investigation through the college or criminal charges through a law enforcement agency.

Many of these resources are also available to individuals accused of discrimination or sexual harassment.

Although the information is accurate as of the publishing date of this document, resource offerings, or availability may change. Please contact the resource directly to verify confidentiality and services.

If you are unsure where to start or have questions about confidentiality, contact the Compliance Office at titleixcoordinator@csc.edu or see visit our [website](#) for individual contact information.

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Mental & Physical Well-Being

COLUMBUS STATE COMMUNITY COLLEGE

FOR CURRENTLY ENROLLED STUDENTS

Mental Health Counseling

010 Nestor Hall, Columbus Campus

csc.edu/counseling

Offers short-term counseling, consultation, education, and resources for students who are experiencing emotional and psychological concerns that are interfering with their ability to maintain balance between school and other responsibilities. Free, personal counseling services are available by appointment for enrolled students.

For more information email counselingservices@csc.edu or call (614) 287-2818.

To start mental health counseling at the Columbus Campus, [fill out this form](#).

To start mental health counseling at the Delaware Campus, [fill out this form](#).

COMMUNITY

Mount Carmel's Crime and Trauma Assistance Program (CTAP)

mountcarmelhealth.com/about-us/

[community-benefit/outreach-programs/](https://mountcarmelhealth.com/about-us/community-benefit/outreach-programs/)

[crime-and-trauma-assistance-program-ctap](https://mountcarmelhealth.com/about-us/community-benefit/outreach-programs/crime-and-trauma-assistance-program-ctap)

Offers evidence-based, trauma-specific services to children and adult victims, survivors, and co-survivors of crime and trauma. Services are confidential and at no cost.

To learn more or schedule an intake assessment, call (614) 234-5900.

Netcare Access (Franklin County, Ohio)

netcareaccess.org

Provides confidential mental health and substance abuse crisis and assessment services including crisis intervention, de-escalation, psychiatric nursing assessment, physician evaluation, referrals, and substance abuse and mental health assessments.

Call (614) 276-2273 to schedule an appointment or visit netcareaccess.org to use the online chat feature.

The Netcare Crisis Phone Line is available 24 hours a day, 7 days a week, 365 days a year. Call (614) 276-CARE.

FOR EMPLOYEES

Matrix Integrated Psychological Services, Employee Assistance Program (EAP)

matrixpsych.com

Provides free, personal counseling services, legal and financial assistance, and wellness offerings for full-time and part-time employees.

To speak with an EAP intake coordinator, call (614) 475-9500 or (800) 886-1171.

Mental Health America of Ohio (Central Ohio)

mhaohio.org

Supports the community by guiding people in need of mental health services to the appropriate providers as well as providing services that may not otherwise be accessible. Services include, but are not limited to pro bono counseling, family advocacy, connection to mental health resources and mental health advocacy, support groups, online screenings, mental health first aid, and peer recovery support services.

For more information, call (614) 221-1441.

Equitas Health

equitashealth.com

Offers comprehensive and coordinated healthcare for those at risk of or affected by HIV, for the lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ) community and for those seeking a welcoming healthcare home. Services include behavioral health, dentistry, health and wellness programs, HIV supportive services, HIV testing and prevention, legal services, comprehensive medical care, and pharmacy.

Services available in Akron, Athens, Canton, Cincinnati, Columbus, Dayton, Lima, Mansfield, Newark, Portsmouth, Toledo, and Youngstown. Visit equitashealth.com for local medical center contact information.

24/7 Crisis Support

988 Suicide & Crisis Lifeline

988lifeline.org

Free and confidential emotional support for people in suicidal crisis or emotional distress. Specific resources are available for youth, disaster survivors, indigenous peoples, veterans, loss survivors, members of the LGBTQ+ community, attempt survivors, individuals who are deaf or hard of hearing, and Spanish speakers.

To speak with a trained crisis worker, call or text 988.

To chat online with a crisis counselor, visit 988lifeline.org/chat.

International Crisis Text Line

Provides free, confidential mental health support via text messaging. Trained volunteer crisis counselors serve anyone who is experiencing any type of crisis, including anxiety, emotional abuse, isolation, depression, suicidal ideation, concerns about school, and more.

To reach a Crisis Counselor, text "HOME" to 741741.

SEXUAL ASSAULT, DOMESTIC VIOLENCE & STALKING

COMMUNITY

OhioHealth Sexual Assault Response Network of Central Ohio (SARNCO)

ohiohealth.com/community-health/sarnco

Provides advocacy and emotional support services in conjunction with medical and social services at OhioHealth Emergency Departments and other local facilities in central Ohio. Programs and services include 24-hour emergency room advocacy, 24-hour sexual assault helpline, sexual violence prevention programming, aftercare advocacy, campus advocacy at The Ohio State University, and recovery resources.

To talk with a trained volunteer or staff advocate, call the helpline at (614) 267-7020.

The Center for Family Safety and Healing (TCFSH)

familysafetyandhealing.org

Offers a range of programs and services to address all aspects of family violence, including child abuse and neglect, teen dating abuse, stalking, domestic violence, and elder abuse. Services include child and family counseling, prenatal and early intervention services, adult counseling, and advocacy services.

As part of the TCFSH, [The Child Assessment Center \(CAC\)](#) provides responsive and timely medical assessment and treatment. Using a multidisciplinary approach, children and adolescents are seen for comprehensive evaluations of alleged abuse and neglect.

To learn more or to schedule an appointment with TCFSH, call (614) 772-8200.

To learn more or to schedule an appointment with CAC, call (614) 722-3278.

SEXUAL ASSAULT, DOMESTIC VIOLENCE & STALKING *continued*

Lutheran Social Services (LSS) CHOICES for Victims of Domestic Violence (Franklin County)

lssnetworkofhope.org/choices

Provides temporary emergency shelter for victims and their children, domestic violence counseling, legal and community advocates, peer support groups and a 24-hour domestic violence crisis, information and referral hotline. Kennel services for cats, dogs, and pocket pets are also available.

To speak with an advocate, call the 24-hour hotline at (614) 224-4663.

Turning Point (Crawford, Delaware, Marion, Morrow, Union and Wyandot counties)

turningpoint6.org

Offers free and confidential services to victims of domestic violence and their families, including shelter (in Delaware and Marion), individual education and support, group education and support, children's programs, victims' rights advocacy, and transitional housing. Turning Point is a Safe Zone for members of the LGBTQ community.

Language interpretation services are available for all languages. DWAVE and Sorenson Relay System available for deaf and hard of hearing clients.

Call the 24-hour crisis line at (740) 382-8988 (for local calls) or (800) 232-6505 (for callers outside of Marion county) or use the 24-hour texting service by texting "turningpoint", "turning point", or "tphelp" to 20121.

The Lighthouse (Fairfield County)

lancasterlh.org

Offers emergency shelter, counseling services for adults and children, trauma counseling for veterans, case managers, legal advocates to assist victims of domestic violence and their children. The Lighthouse is a Safe Zone for the LGBTQ community.

For assistance, call the 24-hour hotline at (740) 687-4423.

Domestic Violence/Stalking Unit, City Attorney's Office (Franklin County)

columbuscityattorney.org/dv.aspx

This unit of the City Attorney's Office facilitates prosecution and provides education, support, counseling, crisis intervention, and overall assistance to victims who have experienced domestic violence and/or stalking in Franklin County. Unit advocates provide support services to victims and can assist in obtaining anti-stalking Civil Protection Orders.

For more information, call (614) 645-6232.

CULTURAL/COMMUNITY SPECIFIC RESOURCES

ASHA Ray of Hope

asharayofhope.org

Provides information and support to South Asian women in crisis. Supports include crisis intervention, safety planning, case management, legal assistance, support group and interpretation service. You can reach the 24/7 helpline at (614) 565-2918.

For additional information, call (614) 326-2121 or email asharayofhope@sbcglobal.net

Asian American Community Services

aacsohio.org

Provides a variety of services to empower the diverse Asian community in central Ohio, including youth and family support programs, healthcare and prevention services, community education, and interpreting and translation services for 30+ Asian languages. The Family Support Program (FSP) includes assistance due to domestic violence, sexual assault, human trafficking, elder abuse, hate crimes, or other forms of violence and/or unhealthy behavior.

For information about services, call (614) 220-4023.

CULTURAL/COMMUNITY SPECIFIC RESOURCES *continued*

The Center for Disability Empowerment (Franklin and Delaware Counties, Ohio) disabilityempowerment.net

Provides individuals with disabilities free opportunities to learn new skills like how to write a letter, interview for a job, apply for benefits, and find transportation services, healthy resources or personal care assistance and defend their rights by working for broader change. Services are available to people with disabilities of any age. For more information, call (614) 575-8055.CT

Deaf World Against Violence Everywhere (DWAVE) dwaveohio.org

Offers culturally affirmative advocacy and education in response to oppression and relationship and sexual violence within the deaf and hard of hearing community. Services include community, legal and social service advocacy for survivors of crime and trauma, mental health counseling, and 24-hour hospital emergency room advocacy for sexual assault survivors in partnership with SARNCO.

DWAVE advocates are available 24-hours a day, 7-days a week. To reach an advocate via video phone, call (614) 678-5476. You may also email info@DWAVEohio.org for more information about services.

Disability Rights Ohio disabilityrightsohio.org

Advocates for the human, civil, and legal rights of people with disabilities in Ohio who believe their rights have been violated because of a disability, such as being abused or neglected, discriminated against, denied services, or unable to access public facilities. Translation services are available for non-English speakers.

To request an intake appointment, call (614) 466-7264 or (800) 282-9189, select option 2, and leave a voicemail message.

Equitas Health Buckeye Region Anti-Violence Organization (BRAVO) equitashealth.com/programs/bravo

Provides comprehensive individual and community programs for survivor advocacy and support to LGBTQ+ survivors of hate and bias violence, discrimination, intimate partner violence, stalking and/or sexual assault. Free and confidential services include crisis intervention, safety planning, legal advocacy, support groups, and hospital advocacy.

For assistance call (866) 862-7286.

Or email bravo@equitashealth.com.

Or chat online at bravo.equitashealth.org,

Weekdays, 9 a.m. – 5 p.m.; Sunday- Thursday, 6 – 10 p.m.

Muslim Family Services of Ohio mfsohio.org

Offers comprehensive services and compassionate support in a confidential setting to empower families and individuals to be self-sufficient and overcome challenges. Services offered include basic needs assistance, referrals, resources and advocacy, mediation and conflict resolution, English literacy, job skills training, and more.

To learn more or schedule an intake interview, call (614) 470-2848 or email help@mfsohio.org.

Ohio Hispanic Coalition ohiohispaniccoalition.org

Provides health services, interpretation and translation assistance, and youth and educational programs. Two full-time Promotoras de Salud serve as victim advocates, educators, and case workers for victims of domestic violence and sexual assault, ensuring that victims have access to legal, medical, and social services.

For more information or to request assistance, call (614) 459-6566.

Somali Community Association of Ohio somaliohio.org

Provides a wide variety of services including planning and support, youth programs, translation and interpretation, legal advocacy, elder programs, English Second Language (ESL) and job assistance. Trained multi-lingual immigrant staff assist with goal planning, advocacy, family counseling and support for those experiencing domestic violence.

For more information or assistance, call (614) 262-4068 or email info@somaliohio.org.

LEGAL

Capital University Law School Legal Clinic

law.capital.edu/Legal_Clinic

Offers no-cost legal services to individuals who would otherwise be unable to afford legal representation. Capital University Law School students can assist with criminal defense, criminal prosecution, domestic relations, tenant rights and issues, wills and related documents, general civil matters, and family advocacy.

For more information, call (614) 236-6245, Monday-Friday, 8:30 a.m. – 4:30 p.m.

The Legal Aid Society of Columbus

columbuslegalaid.org

Offers free services related to consumer law, family law, housing, public benefits, reentry, seniors, tax, veterans, education, and naturalization. An individual must meet income and resource limits in order to qualify for services.

To speak with an intake specialist regarding legal issues in Franklin or Madison counties, call (614) 241-2001, Monday – Friday, 9:30 a.m. – 3:30 p.m. For more information on the intake process, see www.columbuslegalaid.org/apply-for-help

To speak with an intake specialist regarding legal issues in Delaware, Marion, Morrow and Union counties, call (740) 383-2161, Monday- Friday, 8:30 a.m. – 12:00 p.m.; 1– 4:30 p.m.

Ohio Legal Help

ohiolegalhelp.org

An online resource that provides legal information, forms, and referrals for legal questions around family, housing, debt, health and public benefits, crime, and traffic and court concerns.

Southeastern Ohio Legal Services

seols.org

Provides legal help with consumer issues, school problems, domestic violence situations, family law problems, health benefits issues, housing issues, public benefits issues, taxes, utility issues, employment issues, and more for individuals with low income and limited savings and assets.

Offices in Athens, Chillicothe, Newark, New Philadelphia, Portsmouth, and Steubenville.

Visit seols.org/contact for local office information.

For assistance call (800) 589-5888, or [complete this intake form](#).

IMMIGRANT AND INTERNATIONAL STUDENT SUPPORT

Additional legal protections may be available for immigrants and international students who are the victims of crime or human trafficking. The United States Citizenship and Immigration Services (USCIS), annually sets aside a limited number of non-immigrant visas for individuals who meet eligibility criteria. More information is available at: www.uscis.gov/humanitarian/victims-of-human-trafficking-and-other-crimes.

There also are special provisions for certain victims of domestic violence seeking visas. More information is available at www.uscis.gov/humanitarian/abused-spouses-children-and-parents

GENERAL SUPPORTS

COLUMBUS STATE COMMUNITY COLLEGE

Student Advocacy Center (FOR STUDENTS)

csc.edu/services/essential-needs

The Student Advocacy Center serves as a resource to help students develop a plan of action by providing students with connections and resources that help them to navigate essential needs challenges, such as: housing and utilities, food, technology support, transportation, healthcare coverage, and emergency assistance programs.

The Student Advocacy Center provides in-person services Monday - Thursday 9 a.m. – 4 p.m. and operates remotely each Friday. Please note that the Student Advocacy Center closes from noon to 1 p.m. for lunch each day.

Students can email cstatecares@csc.edu to get connected with help or can schedule an appointment with Student Advocacy:

[https://outlook.office365.com/owa/calendar/](https://outlook.office365.com/owa/calendar/CStateCARESHub@csc.edu/bookings/)

CStateCARESHub@csc.edu/bookings/

The Mid-Ohio Market at Columbus State (MOM)

400 Grove Street (Columbus Campus)

csc.edu/services/mid-ohio-market/

The Mid-Ohio Market at Columbus State is a resource for students and community members to access free, fresh, and shelf-stable food on a regular basis. Eligible shoppers must have a household income at or below 200% of the federal poverty guidelines.

MOM is open Mondays and Thursdays 11 a.m. - 4 p.m. and Wednesdays 2 – 6 p.m.

During Autumn and Spring semesters, students who are unable to shop during MOM hours can request a Cougar Box, a pre-packed box of food available at MOM through the Student Advocacy Center.

COMMUNITY

Findhelp

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

Findhelp's network connects people seeking help and verified social care organizations that serve them. Thousands of nonprofits and social care organizations serve our communities. Findhelp has created a social care network that connects people and programs — making it easy for people to find social services in their communities.

Us Together, Inc. (Central Ohio)

ustogether.us

Offers employment services program, intensive case management, interpreter services, linguistic services, reception and placement, refugee support service programs, victim services programs and citizenship and immigration services to refugees and immigrants escaping wars, violence, tyranny, and extreme poverty.

Free services for victims of crime and violence (domestic violence, human trafficking, kidnapping, sexual assault, stalking, harassment, hate crimes, adult or child abuse/neglect, gang violence, and female genital mutilation) include trauma-informed care, medical case management, and linkage to valuable resources.

For general services in Columbus, call (614) 437-9941. To access interpreting services in Columbus, call (614) 581-4357.