

## Resources for NGP Students Experiencing Personal or Workplace Challenges

### MENTAL HEALTH

[Studenthealth.usc.edu/counseling](https://studenthealth.usc.edu/counseling) - Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. (213) 740-9355 – 24/7 on call

[Trojans Care 4 Trojans \(TC4T\)](#) - A private and anonymous reporting option for students, faculty, and staff that is managed by Campus Support and Intervention (CSI). (213) 740-0411

[The Haven at College](#) - Provides support for students seeking help with alcohol or substance abuse. (855) 217-5722

[National Suicide Prevention Lifeline](#) – 988, or 1 (800) 273-8255 – 24/7 on call

### PHYSICAL HEALTH

Location and contact info for health facilities on campus:

[UPC Engemann Student Health Center](#) - (213) 740-9355

[HSC Eric Cohen Student Health Center](#) - (323) 442-5631

**Web Links for campus health resources:**

<https://studenthealth.usc.edu/> is a general portal of health-related services, including links to [Medical Care](#), [Sex and Health](#) resources, [Counseling & Mental Health](#), and [Survivors of Sexual Assault](#).

### WORK ENVIRONMENT AND OTHER SUPPORT

[Report Incidents of Bias, Harassment, Misconduct, or other concerns](#) - (213) 740-2500 or 1 (800) 348-7454 – 24/7 on call

[Office of Civil Rights Compliance \(formerly EEO-TIX\)](#) - Report discrimination, harassment, and retaliation issues related to protected class. (213) 740-5086

[Office of the Ombuds](#) - They are confidential and handle University-related concerns, conflicts, or challenging situations. (213) 821-9556 (UPC) [upcombuds@usc.edu](mailto:upcombuds@usc.edu) and (323) 442-0341 (HSC)

[USC Kortschak Center for Learning and Creativity](#) - KCLC offers outreach, programming, and individual coaching services to USC students and departments to promote a campus-wide understanding of learning differences and their potential to facilitate creativity and academic excellence. (213) 740-7884 or [kortschakcenter@usc.edu](mailto:kortschakcenter@usc.edu)

**External Reporting of USC** - Any individual may file reports and/or complaints about the university's handling of prohibited conduct to the [Office for Civil Rights \(OCR\)](#) with the U.S. Department of Education at [ocr@ed.gov](mailto:ocr@ed.gov) or 1 (800) 421-3481.

**NGP faculty and administration are here to support NGP students.** Students should always feel welcome to reach out to 1) their advisor, 2) their committee chair (if applicable), 3) Director of Student Services Dawn Burke ([dawnburk@usc.edu](mailto:dawnburk@usc.edu)), 4) Student Services Manager Charly Viola ([charlenv@usc.edu](mailto:charlenv@usc.edu)), 5) NGP Director Ruth Wood ([riw@usc.edu](mailto:riw@usc.edu)), or 6) NGP Associate Director John Monterosso ([johnrmon@usc.edu](mailto:johnrmon@usc.edu)).

# USC WELLNESS RESOURCES

You always have the [USC Counseling & Mental Health Services](#) available to you. In the underlined headings, we have linked additional resources you might use to care for yourself or to find communal spaces to practice collective care! If you would like support in getting connected to the resources you're seeking, the NGP Admin team is here to help!

## [Student Culture & Community](#)

SSC offers student support services and programs that focus on sense of belonging, community, and well-being. A great way to find community with people who share identities and interests with you!

## [Mindful USC: Practice Groups and Classes](#)

They offer Mindfulness classes and practice groups, which offer the opportunity for folks to connect and create community together in a supportive group environment. These groups provide safe spaces for collective healing, wisdom, reflection and joy.

## [Counseling & Mental Health Workshops](#)

Build a skill, add to your personal toolkit for positive mental health and interpersonal and intrapersonal well-being with [single-session workshops](#) made possible by your USC Student Health Fee.

## [Group Therapy](#)

Groups are weekly therapy sessions for common concerns such as depression, panic disorder, ADHD, social anxiety, eating disorders, etc. Other groups build up helpful skills that can help address social confidence, loneliness, low self-esteem, and life skills.

## [Spiritual Care](#)

The Office of Religious and Spiritual Life offers confidential pastoral care and spiritual counseling. With nearly 50 religious directors representing all major world religions, we provide comprehensive support across faiths and denominations.

# CHECKING-IN WITH MYSELF

These are some things I can do to check in with myself when things are difficult. I can make sure that I am giving my mind and my body the care that they need as I navigate things right now. Additionally, there are resources that I can connect with and use to support me in caring for myself and the people around me.



# 1

## Do a Mind & Body Scan.

How am I doing? How does my body feel? Where is there tension or pain? What thoughts are running through my mind?

## Identify My Needs.

What do I need physically? What do I need emotionally? What would bring me comfort right now?

# 2



# 3

## Practice Self-Care.

Build in time to give my body the rest, nutrients, and activity it needs. Build in time for practices that care for my emotional wellbeing.

## Use My Resources.

Use the resource sheet to identify and connect with resources I think could benefit me. If I need support in getting connected, I can reach out to a trusted faculty or advisor.



# 5

## Practice Community Care.

Lean into my support system. We can hold each other in care as we navigate tough times together.