

Rensselaer Polytechnic Institute

On- and Off-Campus Support Resources: Fall 2021

Remember, seeking help is a strength, not a weakness

ON-CAMPUS HEALTH & WELLNESS SUPPORT

Student Health Center*

Mon-Fri, 8:30 am – 5:00 pm EST

The mission of the Student Health Center (SHC) is to keep students healthy so that they may achieve their academic, personal, and athletic goals. The SHC provides confidential, accessible, cost-effective, current evidence-based treatment for acute and chronic physical health problems. At this time, appointments are being offered virtually (phone and video). Call 518-276-6287 to schedule an appointment, or schedule one through your Student Health portal. **There are no walk-in appointments available at the Student Health Center during this time.**

**information subject to change based on pandemic conditions*

Counseling Center*

Mon-Fri, 8:30 am – 5:00 pm EST (some weekday evening hours available by appointment)

The goal of the Counseling Center is to help students maximize their sense of well-being as well as their academic, personal, and social growth. Appointments are free and confidential, and in-person at the Counseling Center, 4th Floor of Academy Hall. Some WebEx and phone appointments will be offered as needed. Please contact the Counseling Center for this service. Appointments can be made by calling 518-276-6479 or email: counseling@rpi.edu Counseling Center staff are available in case of a crisis on evenings and weekends (call Public Safety at 518-276-6611 and ask to speak with the on-call counselor).

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Office of Health Promotion

Health promotion initiatives at Rensselaer are evidence-based and comprehensive efforts to improve health knowledge, behaviors, and skills of Rensselaer students. Health Educators provide campus programming on a variety of health topics, and are available for one-on-one consultations around issues including, but not limited to: sleep hygiene, mental health, sexual health, alcohol and other drugs, LGBTQIA+ topics, sexual assault prevention, and more. All appointments are free and confidential, and take place via WebEx. To schedule an appointment, email: healthed@rpi.edu Follow us on social media for daily health tips and event information! Instagram: [rpi.studenthealth](https://www.instagram.com/rpi.studenthealth) | Twitter: [@RPIhealth](https://twitter.com/RPIhealth) | Facebook: [RPI Student Health Services](https://www.facebook.com/RPIStudentHealthServices) | Discord: <https://discord.gg/8DZJJ38zWj>

Disability Services for Students

The Office of Disability Services for Students (DSS) assists Rensselaer students with disabilities in gaining equal access to academic programs, extracurricular activities, and physical facilities on campus. DSS is the designated office at Rensselaer that obtains and files disability-related documentation, assesses for eligibility of services, and determines reasonable accommodations in consultation with students. Call 518-276-8197 or email dss@rpi.edu for more information.

Mueller Center/Campus Recreation

Operated by the Rensselaer Union, the Mueller Center's facilities, fitness classes, intramural, and outdoor recreation and wellness programs foster a friendly, judgment-free environment. A variety of virtual fitness classes and wellness programs are offered. Follow us on social media for regular updates. Instagram: @rpcampusrecreation | Twitter: @rpcampusrec | Facebook: The Mueller Center

Registered Dietician Nutritionist

Kimberly Mayer, RDN, is available for complimentary consultations for any RPI students that have a meal plan. Some of these nutrition topics may include:

- Food allergies, celiac and other special dietary needs
- How to eat healthy on campus
- Vegan and vegetarian dining
- Sports nutrition

To schedule an appointment, email: Kimberly.mayer@sodexo.com

ON-CAMPUS ACADEMIC & PERSONAL GROWTH SUPPORT

Advising and Learning Assistance Center or ALAC

The Advising and Learning Assistance Center (ALAC) helps undergraduates thrive academically through a variety of support programs like tutoring, advising, and other activities. Contact ALAC at: 518-276-6269 or visit them online at: <https://info.rpi.edu/advising-learning-assistance>

The Center for Global Communication + Design

Our goal is to provide you with strategies that will make you a more effective communicator—in the classroom and beyond. Whatever the communication project, we can help! Free services offered include: tutoring, language and cultural support for non-native English-speaking students, and writing-related and visual design-related resources for use while working on your various projects. For more information, visit: <https://info.rpi.edu/comm-d>

STRIVE

STRIVE provides personal support, assistance, and social guidance to Rensselaer's underrepresented students through activities and interactions with their classmates, faculty, staff, and alumni. In collaboration with Rensselaer's chapters of the national Society of Black Engineers and the Society of Hispanic Professional Engineers, STRIVE connects first-year students with upper-class mentors. For more information, email success@rpi.edu or visit them online at: <https://success.studentlife.rpi.edu/current-students/underrepresented-student-success/strive>

LGBTQ+ Mentoring Network

Designed for the lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ+) campus community at Rensselaer, this program pairs "mentors" ("out" LGBTQ+ staff, faculty, and local alumni) and "mentees" (LGBTQ+ undergraduate and graduate students) in formal mentoring relationships. Mentors can provide professional advice and emotional support, help you explore your sexual orientation, romantic orientation, and/or gender identity, and/or serve as a friendly LGBTQ+ face on campus to meet with for coffee/lunch, a walk, or just to talk. Mentee privacy is maintained at all times. For more information, contact the program coordinator: Tara R. Schuster schust@rpi.edu

The Center for Deep Listening

Described as a form of meditation that opens an expanded world of sound that helps students with learning in all disciplines, the center offers an online Deep Listening Teaching Certification, houses the Deep Listening archives, sponsors Deep Listening workshops and retreats in a range of community settings, and connects students with an international community of Deep Listening teachers. For more information, visit: <https://www.deeplisting.rpi.edu/>

Student Success Labs

The goal of Student Success Labs is to help you achieve your goals and overcome obstacles such as stress, planning, anxiety, and motivation. Success Labs boast talks by faculty, administrators, and experts who lead hands-on workshops. The sessions are open to any RPI students looking to achieve academic and/or personal goals. Past talks have included topics such as: resiliency, sleep hygiene, mindfulness, and how to address procrastination: <https://success.studentlife.rpi.edu/success-labs>

Personal Success Plans

Let the Office of Student Success create a personalized plan for your academic success. This plan, which has been completed by over 1,000 Rensselaer students, is an online inventory that is academic in nature. If your academics aren't strong, it's hard to achieve other goals. Completing an online inventory will help you pinpoint motivational and other issues that may be hindering you. For more information, visit: <https://success.studentlife.rpi.edu/current-students/academic-and-personal-support/personal-success-plans>

OFF-CAMPUS COMMUNITY AND NATIONAL SUPPORT

Alcoholics Anonymous (AA) Meetings

To view a complete list of meetings available [Alcoholics Anonymous \(AA\) meetings in Rensselaer County](#)

Al-Anon/Alateen Family Group of the Greater Capital District

General Information: info@al-anon-8ny.org

Alateen Information: alateen@al-anon-8ny.org

Narcotics Anonymous (NA) Meetings

<http://abcdrna.org/>

National Suicide Prevention Hotline

**phone number listed on the back of your RPI Student ID card*

The hotline provides 24/7/365 free and confidential support for people in distress, as well as prevention and crisis resources for you or your loved ones. Call 1-800-273-8255 or connect via chat

<https://suicidepreventionlifeline.org/chat/>

Rensselaer County Health Department

The Rensselaer County Health Department helps keep our community healthy by providing essential public health services. For free, confidential vaccinations and HIV/STI clinics, call 518-270-2655. For smoking cessation services, call 1-866-NY-QUITS. Contact the Rensselaer Recovery Hotline at 1-833-467-3213 to receive information, resources, or referrals regarding substance abuse and recovery. For general services information, visit: <https://www.rensco.com/departments/public-health/>

Whitney M Young Health Center

The Whitney M Young Health Center offers free, confidential rapid HIV testing and Hepatitis C testing. Please call ahead to schedule your test at 518-591-4553. We also offer confidential, comprehensive support services for those who test positive. Whitney M Young Health Center is also available to help individuals find low-cost or no-cost health insurance.

The Disaster Distress Helpline

A national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This multilingual, confidential crisis support service is available 24/7/365. Call 1-800-985-5990 or text **TalkWithUs** to **66746** to connect with a trained crisis counselor.

The Trevor Project (for LGBTQ+ young adults and allies)

Trained counselors are available to support LGBTQ+ young adult and allies 24/7/365. If you are in crisis, feeling suicidal, or in need of a safe, judgment-free, and confidential place to talk, call 1-866-488-7386, text **START to 678-678**, or connect via chat online at: <https://www.thetrevorproject.org/get-help-now/>

Veterans Crisis Line

This helpline is a free, confidential resource for Veterans of all ages and circumstances. Call 1-800-273-8255 and press "1", text **838255**, or chat online at <https://www.veteranscrisisline.net/get-help/chat> to connect with 24/7 support.

Shine: Care for Your Coronavirus Anxiety

Online resources for anxiety and your mental health in a global climate of uncertainty: <https://www.virusanxiety.com/> Text **741741** to talk to a crisis counselor – it's free, confidential, and available all hours.