Getting Support at Oxy

College is a challenging and stressful time. Every student encounters new pressures as they adjust to life away from home and family, face academic challenges, and explore their identity and relationship to community.

It’s likely that you will feel overwhelmed along the way, and you may face difficult and painful emotions or overwhelming levels of stress. Everyone does at one time or another. Once you take the first step of acknowledging your challenges, you may also find yourself faced with a decision between dealing with things on your own, or reaching out for help. College is as much a time for academic learning, as it is a time to learn how to take care of yourself.

Being ok with asking for help

It’s quite possible that the greatest obstacle to getting help is inside of you - and what you’ve internalized from the world. Many people aren’t ok with asking for help, due to the commonly held belief that feeling overwhelmed or emotional is a sign of weakness. The truth is, it’s not - it’s actually entirely normal to struggle - in fact, nearly 40% of college students experience unhealthy levels of stress in a given year. It’s important to recognize that you are not alone and that you can overcome whatever you are struggling with, one way or another.

Finding the right kind of help

Getting the right kind of help can be a frustrating, time-consuming process - but it is ultimately worthwhile. In your personal life and at Oxy, you have a few options to choose from including friends, family, RA’s, staff, faculty and different on-campus offices. Ask yourself who you feel most comfortable with, and who you feel you can trust. Reach out to them and give them a try. You may feel misunderstood at times, or even judged. It’s important that you not give up, and try out other resources.

When considering where to go, think about the importance of confidentiality and privacy. If you are holding on to information that you feel must be kept secret, it is important that you go to a confidential resource.

If you choose to see a therapist or counselor, keep this in mind: The most important factor in the success of an experience in counseling is the quality of the relationship. You should feel respected and understood. If you do not in your first meeting with a counselor, don’t give up on counseling in general. You can either give your counselor feedback about how you would like a
different experience, or you can request another counselor entirely. Sometimes it can take a few tries before you find the right fit.

While there is no way to summarize all of the options available to you in a single document, this list is designed to help make taking the first step of help-seeking easier. While Oxy provides ‘official’ services, such as Emmons, many students find support throughout the campus from friends, faculty, staff and administrators. Potentially, anyone working at Oxy could be a resource to you. This list is not comprehensive; if you find that your needs are not met by services available at Oxy, you can undoubtedly find support from Emmons’ trained staff who can connect you with off-campus resources and provide any support you may need in accessing them.

**Confidential Services:**

Emmons Wellness Center
Emmons provides confidential medical and psychological care to all students, regardless of their insurance. Many services are entirely free, including the first six counseling sessions. Emmons’ staff are highly trained, friendly and committed to helping you find your way through whatever physical or emotional problems you encounter.
Open weekdays, 9AM-4:30PM. No appointment walk-ins for counseling available during business hours
(323) 259-2657 to make an appointment
emmons@oxy.edu

Sexual Assault Advocate
Oxy’s Project SAFE Sexual Assault Advocate is available to all students who have experienced sexual assault, partner abuse or domestic violence.
Available during work hours at X1359 and kaguilar@oxy.edu. Kristina Aguilar can be reached after hours through the 24/7 hotline, (323) 341-4141.

Office for Religious and Spiritual Life (ORSL)
Located on the bottom floor of Herrick Interfaith Chapel
Serves the students, staff and faculty at Occidental College by providing leadership and resources for programs that explore spirituality, religion, ethics moral development, social justice, religious diversity and the pursuit of meaningful work.
(323) 259-2621
Non-Confidential Resources:

Center for Academic Excellence (CAE)
Located in the library, ground floor
The CAE offers educational support services for all Occidental students of all abilities who want to develop and sharpen their academic skills.
(323) 259-2545

Center for Gender Equity (CGE)
Located in Lower Stewie
The CGE provides a gathering place for all students at Oxy to study, relax, plan activities, and receive resources on issues regarding sexuality, identity, and the diverse community at Occidental. The CGE works to address the needs of women, men and transgender members on campus by providing support, advocacy and programming.
(323) 341-4749
cge@oxy.edu

Dean of Students Office
Located in AGC, bottom floor.
The Dean of Students Office provides broad support for all students at Oxy. They are able to provide advocacy, guidance and linkage for any issue a student may be experiencing.
(323) 259-2661
deanofstudents@oxy.edu

Disability Services
Located in AGC, bottom floor
The Office of Disabilities assists students in receiving accommodations for learning differences, emotional issues and other aspects of functioning. The Office of Disabilities also provides mentoring, support, guidance and referrals to providers and helpful resources.
Open weekdays, 9AM-5PM
(323) 259-2969
accessibility@oxy.edu

Intercultural Community Center (ICC)
Located at 1501 Campus Rd
The ICC is a co-curricular programming office committed to engaging students around issues of equity and social justice. With an emphasis on students of color and first generation college students, the ICC delivers educational programming, resources, and student services which empower students to succeed at the highest level.
(323) 259-2522
ICC@oxy.edu
Oxy Peer Support Team
Supervised by Emmons’ counseling staff, peer mentors are available to all students to provide peer to peer support and guidance. They can provide 1:1 meetings, and be available to students to walk them through their struggles.
To meet with a Peer Mentor, call (323) 259-2657, or email Peermentors@oxy.edu or fill out this form.

Project SAFE
Located in Lower Stewie
Open weekdays to support students who have experienced sexual assault, partner abuse, or domestic violence
Provides education, advocacy and crisis intervention
(323) 341-4750
projectsafe@oxy.edu
http://www.oxy.edu/project-safe