

# NEED HELP? NEED SOMEONE TO TALK TO ABOUT ADJUSTING TO COLLEGE LIFE? WE HAVE RESOURCES FOR YOU . . .

## HELP IS AVAILABLE ON CAMPUS

### Dean of Students Office

144 Oakland Center, 248-370-3352

### Oakland University Police Department (OUPD)

Non-Emergency: 248-370-3331

Emergency: 911 (campus phone) or 248-370-3333 (cell phone or from off campus)

### Graham Health Center (Health Care Services)

248-370-2341; [www.oakland.edu/ghc](http://www.oakland.edu/ghc) (Discounted rates for students, most insurances accepted.)

### Graham Counseling Center (Mental Health Services)

248-370-3465 (First six counseling sessions are free for OU students.)

**Life Threatening Emergencies:** Graham Health Center is not equipped to handle life threatening emergencies.

In any life-threatening situation or medical emergency, such as suicide attempt, alcohol or drug overdose, serious mental health crisis, or sexual assault, call 911 (campus phone) or 248-370-3333 (cell phone or from off campus) to alert OU police and give the exact location and nature of the emergency. If not on OU's campus, call 911 or go to the nearest local medical emergency department (see below) or local police department.

**SEHS Counseling Center:** (Personal and career counseling; couples, families and groups; not a crisis center.)

250A Pawley Hall, 248-370-2633, [www.oakland.edu/sehs/cc](http://www.oakland.edu/sehs/cc) (Use website to register on-line.)

**Disability Support Services** (Students with disabilities.)

121 North Foundation Hall, 248-370-3266

**Gender & Sexuality Center** (Women and lesbian, gay, bisexual, transgender, intersex, questioning and ally – LGBTIQA students.)

49 Oakland Center, 248-370-4333

“Report & Support” behavioral concerns to maintain a safe and healthy campus: [oakland.edu/priority](http://oakland.edu/priority)

## HELP IS AVAILABLE OFF CAMPUS

**Graham Health Center is not open at night, on weekends, and during the holidays. OU students in need of crisis services can call the following for assistance:**

### Local Medical Emergency Departments

**Crittenton Hospital**, 1101 W. University Drive, Rochester, 248-652-5311 (248-652-5000 - main number)

**William Beaumont Hospital - Troy**, 44201 Dequindre, Troy, 248-828-2000 (248-828-5000 - main number)

**Pontiac Osteopathic Hospital (POH)**, 50 N. Perry Street, Pontiac, 248-338-5332 (248-338-5100 - main number)

**Common Ground** (Oakland County)

1-800-231-1127 (24-hr crisis and referral hotline for adults, children and families.)

**HAVEN** (Oakland County)

248-334-1274 (1-877-922-1274 Toll-free) (24-hr crisis and support line for domestic violence or sexual assault.)

**Macomb County Crisis Center** (Macomb County)

586-307-9100 (24-hr crisis line)

**Turning Point, Inc.** (Macomb County)

586-463-6990 (24-hr crisis line for victims and survivors of domestic violence, sexual assault and homelessness.)

**Suicide Prevention Center (Neighborhood Service Organization)** (Wayne County)

313-224-7000 (24-hr crisis line)

**National Hopeline Network**

1-800-SUICIDE (1-800-784-2433) (Live certified counselors available 24/7 to help those in immediate crisis.)

**National Suicide Prevention Hotline**

1-800-273-TALK (1-800-273-8255) (Counselors available 24/7 for referrals.)

**Affirmations** (Community center for lesbians, gays, bisexual & transgender people and their allies.)

1-800-398-GAYS (4297) (Toll-free Helpline), 290 W. 9 Mile Road, Ferndale, Michigan

