Cleveland State University Resources

CARE

The <u>CARE Team</u> provides support and case management services for members of the CSU Community. The CARE Team works with students to develop an action plan to address their individual needs. The Care TEAM can help navigate policies and procedures on campus, connect with support systems, and determine what resources might be most helpful.

A meeting with the CARE Team may be useful if:

- You want to know more about the support services offered at the university.
- You would like information on how to connect with medical and mental healthcare providers.
- You would like to withdraw from your classes for personal or medical reasons and want more information on your options.
- You're feeling stressed about school.
- Your life outside of the classroom has become more difficult to manage.
- You're feeling overwhelmed and want to find help, but you're not sure where to start.

Cleveland State University Police Department and Safety Escorts

<u>CSUPD</u> is Cleveland State University's on campus Police Department. To report any campus emergency dial **9-1-1** or **8-9-1-1** from any campus telephone.

Cell phone users should dial 9-1-1 and tell the operator to connect them with CSU Police.

For non-emergencies, please call **216-687-2020**.

Viking Safety Escorts

Viking Safety Escorts are provided 24 hours a day, 7 days a week, and 365 days a year by Security Officers and Student Campus Safety Officers (CSOs) for on-campus and nearby off-campus student housing locations only.

You may request a Viking Safety Escort through our Rave Guardian safety app or by contacting CSUPD at 216-687-2020.

Counseling Center

The Counseling Center is open for both telehealth and in-person services

The <u>Counseling Center</u>'s services are confidential and include individual, couples and group counseling, crisis intervention, consultation, psycho-education, and referrals. Sessions are private and are provided without charge to CSU students.

Regular Office hours: Monday–Friday, 9 a.m.– 5 p.m. Urgent in-person or phone appointments: Monday–Friday, 1–3 p.m. After-hours Crisis Counseling available 24/7: 216-687-2277

Dining Services

Use your Meal Plan by dining at the all you can eat Viking Marketplace (Student Center) for breakfast, lunch, and dinner. You can also dine by using your Dining Dollars at any retail campus dining location. Hours and locations are posted <u>here</u>.

Lift Up Vikes!

<u>Lift Up Vikes!</u> offers a convenient, dignified, and compassionate process through which CSU students are connected to resources that supplement nutrition and other basic human needs as they strive to earn a college degree.

- Food Pantry
 - LUV! Offers a free food pantry on campus for students in need. Students can visit the pantry weekly and receive fresh fruit and vegetables, non-perishable food, and personal care items. IT'S SIMPLE, IT'S QUICK AND IF YOU'RE A STUDENT, YOU QUALIFY!! We are located in the Recreation Center, room 168. For more information, check out <u>their website</u>.
- Fowler Emergency Fund
 - LUV! Partners with the Fowler Emergency Fund to aid students in financial emergencies. Unexpected expenses don't have to mean deciding between staying in school and dropping out to pay bills. If you are experiencing a financial emergency, the Fowler Emergency Fund Grant might be able to help.
 - For purposes of this grant program, a financial emergency is defined as an unforeseen expense that, if not resolved quickly, could lead to a student's departure from the college and loss of momentum toward completion.

Thus, the Fowler Emergency Grant can help with:

- Medical Bills
- Car Repairs
- Rent to prevent eviction
- Utility shut-off notices
- Child Care
- Other emergency expenses

For more information, check out their website.

Office of Disability and Testing Services

The <u>Office of Disability and Testing Services</u> is charged with providing services and accommodations to students with disabilities. Disability and Testing Services also provides resources and supports for exams and assessments at Cleveland State University. They can help residents:

- Obtain Housing accommodations
- Register Emotional Support Animals
- Secure accommodations for the classroom and more!

Parking and Transportation Services

You are permitted to park a vehicle on campus when classes are in session with a prepaid parking pass. You must register the vehicle and purchase a prepaid student hangtag. See the University's Parking Services <u>website</u> for more information.

Viking Card Office

The Cleveland State University Viking Card authenticates a resident's identity and is used to grant access to University facilities (e.g., library, residence halls), online processes (e.g., registration, payment, Viking Card) and services (e.g., meal plan, declining balance program). Report a lost or stolen card immediately to the Viking Card office at (216) 875-9888, or log onto the <u>online card office</u> and your Viking Card will be deactivated immediately. Until the time a card is reported lost, liabilities incurred on the card are the responsibility of the rightful owner. Keeping your Viking Card secure is your responsibility.