

Offices with an asterisk (**) are confidential. By contacting offices without an asterisk (**), your confidentiality is not ensured and, in some cases, you are filing an official report with the University

Student well-being

Are you struggling? Stressed out? Anxious? Sad? Feeling alone?

**[Counseling & Psychological Services \(CAPS\)](#) ■ [Student Health Social Workers](#) ■ **[Drug & Alcohol Program](#)

Do you want to notify the University that you're worried about another student's behavior or safety?

[Student Mental Health Coordination Services/Distressed Students](#)

Experiencing a housing issue?

[Community Housing](#)

Sexual and General Misconduct

Want to speak with someone confidentially about sexual harassment, sexual assault, dating violence, or stalking?

**[Campus Advocacy, Resources, and Education \(CARE\)](#)

Want to make an official report about sexual misconduct or discrimination?

Police (non-emergency) 893-3446 ■ [Title IX & Sexual Harassment Policy Compliance Office](#) ■ [OEO](#)

Want to make an official report about academic misconduct, non-academic misconduct, or a hate crime?

[Office of Judicial Affairs](#) ■ [Hate Incident Resources](#)

Are you the respondent in a Title IX or Judicial Affairs case, and need help navigating the process?

[Respondent Services](#) ■ [Office of the Student Advocate](#)

Need a general overview of sexual harassment, sexual assault, or stalking?

[Sexual Violence Prevention and Response](#)

Academic Resources

Need help with academic skills (i.e. writing, study skills, math/science help)?

[Campus Learning Assistance Services \(CLAS\)](#)

Questions about degree progress, general education, graduation, late drops, etc.?

College Advising ([Letters & Science](#), [Engineering](#), or [College of Creative Studies](#))

Questions about your major or minor requirements?

Department Advising

Are you a graduate student?

[GSA](#) ■ [Graduate Division](#)

Legal Resources

Want a free legal consultation regarding something that happened off-campus (M.I.P., car crash, security deposit)?

[Associated Students Legal Resource Center](#)

Still not sure where to go? You can call the Office of the Ombuds, and we can help you ■ 893-3285