**Student Resources**

*A compilation of resources located at the Texas A&M College Station campus in relation to food insecurity and housing assistance as they relate to the 8 dimensions of wellness. Based on the belief that students should not have to sacrifice different aspects of wellness in order to have access to the basic necessities. We hope this list will provide students with the knowledge of campus resources they need to be successful.*

**Emotional**

*Emotional wellness is coping effectively with life and creating satisfying relationships; when struggling with access to food and shelter it can become hard for students to create meaningful connections.*

**Counseling and Psychological Services**

CAPS’ primary function is to support students’ mental health needs in order to meet their academic goals within a time window framed by service eligibility, class schedules, student obligations, CAPS resources as well as our [Scope of Practice](http://caps.tamu.edu/about/what-to-expect/scopeofpractice/) document. As such, CAPS services are short-term and goal-oriented and align with the TAMU academic semester calendar. CAPS also has emergency resources and recommendations for local mental health care facilities for long term assistance.

*Highlighted Programs*

**Helpline** is the after-hours mental health service for Texas A&M University. It provides telephone, peer support, information, crisis intervention, and referrals to students, as well as those concerned about students. The HelpLine is available from 4 p.m. to 8 a.m. weekdays and 24 hours a day on weekends when classes are in session.

Phone: 979-845-2700

Contact information

Email: [caps@caps.tamu.edu](mailto:caps@caps.tamu.edu)

Office Phone: 979-845-4427

Website- <https://caps.tamu.edu/updates-to-caps-services/>

**Occupational**

*Occupational wellness is personal satisfaction and enrichment found from one’s work; when a student struggles with food and shelter they are less focused on studies which can impact future job prospects.*

**Career Closet**

Texas A&M University Career Closets mission is to enhance the professionalism of Texas A&M students while alleviating the financial burden that is inherently associated with launching a career. Students who are in need of business wear for interviews or networking settings can rent out professional cloth for up to 7 days (longer if approved) at the Career Closet in MSC Room L428.

The Career Closet can be contacted on their website by filling out a contact form.

Website - <https://careercloset.tamu.edu>

**Career Center**

The Career Center's mission is to promote career learning and development, empowering all Aggies to realize their potential and establishing Texas A&M University as a preferred source of talent. This includes comprehensive career planning, advising, and employment service for Texas A&M students of ALL majors and classifications, providing one centralized point of contact to expedite the recruiting efforts of companies and organizations.

*Highlighted Programs*

**Professional Advising** with advisors who help you explore major options, advisors dedicated to each academic college, as well as advisors who specialize in assisting students interested in Dentistry, Law, Medicine, Nursing, Occupational Therapy, Pharmacy, Physical Therapy, Physician Assistant, and Veterinary Medicine.

**Career Fairs** are an opportunity to connect with recruiters, and Texas A&M hosts some of the largest fairs in the country.

**Virtual Mock Interview Tool** digitally records you as you respond to practice questions and loads your mock interview into your HireAggies profile. You can then review it from any computer with an Internet connection as many times as you want. You will also be able to email it to people you would like to review it.

Contact information:

Email: [cc\_advisor@tamu.edu](mailto:cc_advisor@tamu.edu)

Office Phone: (979) 845-5139

Website - <http://careercenter.tamu.edu/current-students>

**Intellectual**

*Intellectual wellness involves recognizing one's creative abilities and finding ways to expand those skills and knowledge. When a student struggles with food and shelter they have less time to focus on expanding their skill sets.*

**Academic Success Center**

The Academic Success Center's mission is to provide comprehensive resources that help all Aggies achieve their academic goals and realize their academic potential. The Academic Success Center provides students with access to programs such as academic advising, tutoring, and coaching workshops to promote student success.

*Highlighted Programs*

**Academic Coaches** work holistically to help students examine their learning preferences, study strategies and barriers to academic success. Students are encouraged to create and implement effective plans, and strategies for future success

**TutorHubs** are drop-in locations on campus where students can receive tutoring assistance for immediate needs and acquire the tools necessary to take charge of future learning. As of Fall 2020 all TutorHubs are being offered on Zoom and links can be found on the Academic Success Center website.

Contact Information

Office Phone: 979-458-4900

The Academic Success Center Can also be contacted by submitting a Contact Request Form.

<http://asc.tamu.edu/Learn-More-About-Us/Contact-Us>

Website - <http://asc.tamu.edu/Learn-More-About-Us/Overview-of-Programs>

**University Writing Center**

The University Writing Center, a unit of [Undergraduate Studies](https://us.tamu.edu/), supports writing and public speaking for every Texas A&M student, with particular emphasis on supporting Writing and Communication courses. The writing center has student workers and staff who can assist students with speeches and essays, as well thesis writing. As of the Fall 2020 semester, due to COVID-19, consultations can be done via email or online web conferencing.

Contact Information

Office Phone: (979) 458-1455

Appointments can be made on the University Writing Center website with an online request

Website- <https://writingcenter.tamu.edu>

**Environmental**

*Environmental wellness is good health through occupation of a pleasant, stimulating environment that supports well being. When struggling to find permanent shelter, it becomes nearly impossible to feel safe in one's environment.*

**Bryan/College Station Habitat for Humanity**

B/CS Habitat for Humanity is part of a global, nonprofit housing organization that is dedicated to eliminating substandard housing locally and worldwide through constructing, rehabilitating and preserving homes; by advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions.

Those interested in volunteering with B/CS Habitat can do so by completing the required forms on their website.

*Highlighted Volunteer Opportunities*

**Build a Home** where groups or individuals can participate in the process of building and rehabilitating homes.

**Restore** is their volunteer operated store that is able to keep operating costs as low as possible to maximize the amount of money that goes directly to benefit our community because of active volunteers.

**Serving on a Committee** allows you to put your people skills to work and volunteer by joining a committee where you can help find qualifying families, prepare these families or find the ideal property on which to build these affordable homes in Bryan and College Station

**Translators** are needed to help translate Habitat materials, as well as interpret at meeting and training events.

Website- <https://habitatbcs.org/volunteer/>

**BUILD**

BUILD is a student led organization that encourages students to interact and work alongside each other throughout the processes of planning, organizing, and constructing the project. Their long-term vision is to build and send out portable medical clinics around the world in honor of those who lost their lives in the collapse of the Aggie Bonfire. Those interested in volunteering with BUILD can do so by completing the required forms on their website.

Website- <https://www.buildtamu.com/about>

**Financial**

*Financial wellness is the satisfaction with one's current and future financial situations. Students who are struggling with food and shelter are typically struggling with their current finances which may impact their future financial decisions.*

**Money Education Center**

The Money Education Center focuses on student enrichment in R.O.I; research, one-on-one advising, and instruction. Their goal is maximize a students investment in their college education by providing assistance in limiting cost of attendance, navigating financial barriers, minimizing student loan debt, and future financial preparation.

*Highlighted Programs*

**One-on-one Advising** with advisors who provide objective information and advice on financial goal setting, banking, budgeting, building credit, debt repayment and more.

**AGEC 235 (3 credit course)** Foundations of Money Education course allows you to learn about budgeting, saving and banking, building credit, investing, buying a car and home, and more about future financial skills.

Contact Information:

The Money Education Center can be contacted for advising, and other financial questions, by filling out an Advising Request form or Contact Request form on their website.

Website- <https://money.tamu.edu>

**Financial Aid | Division of Enrollment and Academic Services**

The Financial Aid office aims to provide students with information and financial resources to attend Texas A&M University, along with support programs that promote higher education and developmental opportunities.

*Highlighted Programs*

**Emergency Aid** for students who need immediate assistance with paying college tuition due to unexpected financial hardship.

**Financial Workshops** provide students with financial skills both in the workplace and in personal life. As of Fall 2020, these workshops are being offered on the Zoom platform.

Contact Information:

Office Phone: (979) 845-3236

Email: [financialaid@tamu.edu](mailto:financialaid@tamu.edu) [scholarships@tamu.edu](mailto:scholarships@tamu.edu)

Website- <https://financialaid.tamu.edu>

**Social**

*Social Wellness is the development of connections, belonging, and support systems. A student struggling with food and shelter may struggle with developing a sense of belonging in their community or have a hard time finding funds for joining organizations.*

**Student Activities | Division of Student Affairs**

An important part of the college experience happens outside of the classroom, and Texas A&M has no shortage of involvement opportunities, whether they be focused on politics, religion, service, leadership, or academics. Student Activities oversees active student organizations on campus and contributes to an “organization search” hub that can help you find the students organizations that fit your interests. If you’re worried about finances, reach out to organization leaders and see if they offer dues scholarships.

Website- <https://studentactivities.tamu.edu/get-involved/join-an-organization/>

**Spiritual**

*Spiritual wellness involves expanding one's sense of purpose and meaning in life. A student struggling with food and shelter may be questioning their purpose in life and in need of a spiritual outlet.*

**Sanvello**

Sanvello is a mental health care app designed with clinically proven techniques based on cognitive behavioral therapy (CBT), the goal is to break the cycle of negative thoughts and emotions that contribute to stress, anxiety and depression. Texas A&M has provided premium access for all students to use this app.

For more information on Sanvello one can contact Counseling and Psychological Services at the email: [caps@caps.tamu.edu](mailto:caps@caps.tamu.edu)

Website - <https://www.sanvello.com>

**All Faiths Chapel**

All Faiths Chapel serves all denominations and creeds. The Chapel serves to encourage the spiritual expression and development of the Texas A&M University community as well as promote the opportunity for aggies to grow as individuals by talking about their faith and shared values in a safe, clean, inclusive environment.

*Highlighted Services*

**Meditation Rooms** are located in the chapel for students in need of privacy for meditation, group prayer, or other spiritual endeavors.

Website- <https://allfaiths.ucenter.tamu.edu/spaces/chapel/#uc-facility-nav>

**Physical**

*Physical wellness is the recognition for the need to for proper physical activity, diet, sleep, and nutrition. A student struggling with food and shelter are likely struggling with accessing nutritional food and maintaining a physically healthy lifestyle.*

**Student Health Services | Division of Student Affairs**

## Student Health Services exists to advance student development and academic success by providing personalized and evidence-based healthcare to Aggies at affordable costs. Can contact

*Highlighted Programs*

**Medical and Women's Clinics-** Both located in the Beutel Health Center, the medical clinic provides care for short term, acute illnesses and injuries, as well as ongoing health problems. The Women’s clinic provides preventive women's health services for students.

**Nutrition Services** is Staffed by a Registered Dietitian (RD) who provides students with a personalized approach to all their nutrition needs and can work with students on a budget.

**Preventative Medicine Department** provides immunizations and tuberculosis screenings, latent TB Infection (LTBI) therapy, allergy injections, travel consultations, and more.

Appointments and Contact with Student Health Services can be made via the Student Portal on their website.

Website- <https://shs.tamu.edu>

**Brazos Valley Farmers Market**

The Brazos Valley Farmers Market is a year-round market located at 500 North Main St. in Downtown Bryan. They are led by a small group of elected local producers who wanted to provide the region with local produce. A farmers market is a good way to not only gain access to nutritious food but to also gain access to in-season produce which typically cost less than out of season produce.

Website- <https://www.brazosvalleyfarmersmarket.com>

**Student Assistance Services (SAS)**

Student Assistance Services is a part of the Offices of the Dean of Student Life that seeks to connect Texas A&M University students with the appropriate guidance, resources, and support to address a variety of personal and academic matters. SAS staff work to help students experiencing food insecurity and/or homelessness.

*Highlighted Programs*

**Swipe Out Hunger** is a partnership between Chartwells Dining, the 12th Can, and Student Assistance Services. Current students can donate up to a total of 1500 meals/semester. These meals are distributed, as needed, through Student Assistance Services to students in need.

**Pocket Pantries** provide temporary relief to Texas A&M students who are experiencing food insecurity by providing immediate access to non-perishable food and toiletries. Pocket Pantries are located in various locations on campus.

Contact information

Email: studentlife@tamu.edu

Office Phone: (979) 845-3113

Website- <https://studentlife.tamu.edu/sas/>