Well-Being Resources - USC
Updated 3.20.2020

**askari.usc.edu**- Similar to “google” for mental health, but backed by professional, academic research and references. Ask Ari is an intelligent agent that engages students in a dialog about well-being issues and then facilitates the use of online educational and self-care strategies. Ask Ari is completely anonymous. ([www.askari.usc.edu](http://www.askari.usc.edu))

**Mindful USC**- Mindfulness practices help us to be aware of ourselves in ways that lead to stress reduction and workplace happiness. Mindful USC offers a mobile app, classes and practice groups. ([www.mindfulusc.edu](http://www.mindfulusc.edu))

**USC Recreational Sports for Online Workouts**- USC Recreational Sports provides online workouts through their USC Trojan Fitness Channel on YouTube ([https://www.youtube.com/channel/UC-X8rX2B6nNKj7HfK3NpMIQ](https://www.youtube.com/channel/UC-X8rX2B6nNKj7HfK3NpMIQ))

**Yoga, Pilates and Meditation**- USC has partnered with **glo** to offer a free 3-month trial and discounted subscription thereafter. Sign up for the 15-day trial using your usc.edu email address and your new account will automatically convert to the 3-month trial ([www.glo.com](http://www.glo.com))

**Group Counseling**- provided by Counseling and Mental Health Services. USC offers more than 20 groups, a few examples include: Thriving with Depression & Anxiety, Mindful Well-Being, Living with Loss, International Tea Time, etc. ([https://studenthealth.usc.edu/counseling/group-counseling/](https://studenthealth.usc.edu/counseling/group-counseling/))

**Let’s Talk, Trojans**- a drop-in opportunity to talk to a counselor to get professional guidance ([https://studenthealth.usc.edu/lets-talk-and-other-drop-in-programs/](https://studenthealth.usc.edu/lets-talk-and-other-drop-in-programs/))

**Trojans Care for Trojans**- an initiative that empowers USC students, faculty and staff to take action when they are concerned about a fellow Trojan challenged with personal difficulties. ([https://campussupport.usc.edu/trojans-care-4-trojans/](https://campussupport.usc.edu/trojans-care-4-trojans/))

**Sexual Assault and Survivor Support**- An office that provides immediate therapy services for situations related to gender and power base harm (e.g. sexual assault, domestic violence, stalking.) All services are confidential. ([https://studenthealth.usc.edu/sexual-assault/](https://studenthealth.usc.edu/sexual-assault/))

**Coronavirus (COVID-19)**- Official messages and status updates from the University of Southern California. ([https://sites.usc.edu/coronavirus/](https://sites.usc.edu/coronavirus/))

**Crisis Support**- Students are encouraged to walk-in for urgent matters at Engemann Health Center, or call after-hours: (213) 740-9355 (WELL).

**Ostrow Office of Student Life and Well-Being**
Kim Eeles, Director
925 W. 34th Street, DEN 201E
Los Angeles, CA 90089-0641
(213) 740-8896
ostrowsl@usc.edu