

Well-Being Resources- USC

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[askari.usc.edu](http://www.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)

[Mindful USC](http://www.mindfulusc.edu)- 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)

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

[Yoga, Pilates and Meditation](http://www.glo.com)- 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)

[Group Counseling](https://studenthealth.usc.edu/counseling/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/>)

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

[Trojans Care for Trojans](https://campussupport.usc.edu/trojans-care-4-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/>)

[Sexual Assault and Survivor Support](https://studenthealth.usc.edu/sexual-assault/)- 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/>)

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

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