

Wellness Resources

A Guide for Chapter Officers

Updated Spring 2026

This guide is for chapter officers who are likely to identify a member who is struggling, such as -

- Presidents
- Standards/judicial officers
- Standards/judicial committee members
- Wellness chairs
- Risk management officers
- New member educators

You might use this information to -

- Connect a member who is struggling to resources
- Incorporate campus resources into individual education or support following a concerning event
- Reach out to a KU staff member for guidance on how to support a struggling chapter member

If someone you know is in imminent danger, call 911.

Student Support and Case Management

Student Support and Case Management (SSCM) provides non-clinical support to students who are struggling by connecting them to resources and coaching them toward self-care and self-advocacy. SSCM staff members meet with students to identify a personalized approach and action plan, which can include consulting with faculty and staff members who are working with the student to advocate on their behalf.

If you know a student who is feeling distressed (academically, financially, or personally) or who needs help finding and navigating resources at KU, consider submitting a [Care Referral](#). Once a referral is received, the SSCM team will reach out to the student by phone and email. Students can also reach out to the SSCM team directly by contacting their office at studentsupport@ku.edu; 785-864-7022. Note – SSCM staff are mandatory reporters, meaning that they must report potential incidents of harassment, discrimination, sexual misconduct and related retaliation to the university.

CARE Services

CARE Services provides free and confidential support for any KU students affected by sexual violence & disrespect, relationship harm, dating violence, and/or stalking. This includes students who are supporting a friend, roommate, or partner who has experienced harm. Students do not have to define, describe, or report their experience to receive support. CARE staff is there to listen, offer assistance, and talk through someone's decisions on their terms.

CARE Services is open Monday through Friday, 8:30 am – 5 pm. Students can schedule an appointment through Microsoft Bookings or contact the office directly at care@ku.edu, 785-864-9255. Additional information about CARE Services, including the Interpersonal Violence Fund, is available on the [CARE Services website](#).

Mental Health Support

Counseling and Psychological Services (CAPS) provides mental health services and resources to students, including individual therapy. A student's first-time appointment with CAPS is called a "Jayhawk Check-In." Jayhawk Check-Ins are same-day drop-ins offered Monday-Friday, 10 am – 3 pm. During this time, options for treatment will be discussed with a CAPS therapist, and the student and their therapist will decide on a plan to help meet the student's goals. The first appointment is free, and ongoing individual therapy appointments are \$10 each.

Additional online support is offered in partnership with Mantra Health. Through the Mantra Care Hub, students have access to support by phone, text, and video 24/7 at no cost. Virtual one-on-one therapy sessions are also available through Mantra Health. Students should first contact the CAPS office if they are interested in telehealth appointments. Information about available services, including group therapy and workshops, is available on the [CAPS website](#).

Health Education - Individual Coaching

Individual coaching is offered by a team of Health Educators in the Health Education Resource Office (HERO) at KU. HERO offers health coaching sessions for:

- Alcohol, tobacco, & other drugs
- Mental health & self-management
- Nutrition & food security
- Sexual health & healthy relationships

Health coaching services require no additional cost for students who pay the KU Wellness Fee. Sessions are individualized, judgement free, and typically available within 10 business days. Information about available coaching sessions and additional prevention-based programs is available on the [HERO website](#). If you see a program that may be helpful for a member, share the website with them and let them know that they can click "request a session" at the bottom of the page to sign up for a coaching appointment through Microsoft Bookings. In-person and virtual options are available. Note – for group programs, such as Animal Therapy or Cook Well Live Well, a request form will be required at least four weeks in advance. For additional health and wellness information, follow HERO on Instagram [@kuhero](#).

Additional Resources and Support

Additional wellness resources are available on the Be Well @ KU [website](#) and Instagram [@bewellku](#). While this guide focuses on opportunities to connect individual members to support, many campus partners, including several who offer individual support, also provide group presentations and other opportunities to connect. If you'd like support connecting with an office to request a program, or if you'd like to plan a program with a SFL staff member, please contact Katarina Moore, Assistant Director for Student Learning & Well-being – katarina.moore@ku.edu.