

Statement on Self-Care

Your academic success in this course and throughout your college career depends heavily on your personal health and well-being. Stress is a common part of the college experience, and it often can be compounded by unexpected life changes outside the classroom. The Pace Community strongly encourages you to take care of yourself throughout the term, before the demands of midterms and finals reach their peak.

Please feel free to talk with me about any difficulty you may be having that may impact your performance in this course as soon as it occurs and before it becomes unmanageable. Please know there are a number of other support services on campus that stand ready to assist you. I strongly encourage you to contact them when needed as well.

OFFICE	PLEASANTVILLE	NEW YORK CITY
Counseling Center	(914) 773-3710	(212) 346-1526
Center for Student Engagement	(914) 773-3767	(212) 346-1590
Dean for Students	(914) 773-3351	(212) 346-1306
Division of Diversity, Equity and Inclusion	(212) 346-1961	(212) 346-1961
Office of Multicultural Affairs	(212) 346-1546	(212) 346-1526
Office of Sexual and Interpersonal Wellness	(914) 773-8783	(212) 346-1931
Office of Institutional Equity/Title IX Compliance	(212) 346-1310	(212) 346-1310
Residential Life	(914) 597-8777	(212) 346-1295
Student Accessibility Services	(914) 773-3201	(212) 346-1199
University Health Care	(914) 773-3760	(212) 346-1600

In Case of Emergency

- *Call the Counseling Center on your campus (Weekdays from 9:00 a.m.–5:00 p.m.):*
 - ***New York City:** (212) 346-1526*
 - ***Westchester:** (914) 773-3710*
- *For After-Hours emergencies:*
 - *Call the Counseling Center on your campus and follow the prompts to be connected to the after hours on-call counselor (Afterhours and Weekends):*
 - ***New York City:** (212) 346-1526*
 - ***Westchester:** (914) 773-3710*
- *Call 9-1-1 or go to your nearest emergency room*
- *Call the National Suicide Prevention Lifeline at 9-8-8*
- *Text HOME to 741741 to reach the **Crisis Text Line***
- *Sexual Assault Resources (24-hour hotlines)*
 - *Victims Assistance: (914) 345-9111*
 - *Safe Horizons Rape and Sexual Assault: (212) 227-3000*

WellTrack Boost

A self-guided, clinically supported, set of therapy tools that help individuals assess, understand, and work on their own behavioral health and wellness, the WellTrack Boost web application or mobile app can be used on your own device and on your own schedule. It is not intended to be a replacement for therapy. Download the app on Google Play and the App Store.