

UNIVERSITY OF TOLEDO COLLEGE OF MEDICINE AND LIFE SCIENCES WELLNESS RESOURCES

Office of Student Affairs

GENERAL RESOURCES



Academic Enrichment Center (AEC)

<https://www.utoledo.edu/med/depts/aec/medicine.html>

Office of Student Advocacy & Support

<https://www.utoledo.edu/studentaffairs/student-advocacy/>

FINANCIAL WELLNESS



Emergency Aid

<https://www.utoledo.edu/financialaid/rocket-aid/>

Scholarships

<https://www.utoledo.edu/financialaid/scholarships/search>

MENTAL WELLNESS



Academic Coaching

<https://www.utoledo.edu/med/depts/aec/counseling.html>

Managing Problems with Sleep

<https://www.utoledo.edu/depts/csa/caringweb/Sleep.html>

Self Help

<https://www.utoledo.edu/studentaffairs/counseling/selfhelp/>

-Anxiety

-Depression

-Relationships

Student Mental Health & Wellness

<https://www.utoledo.edu/med/studentaffairs/health.html>

Suicide Prevention

<https://www.utoledo.edu/studentaffairs/counseling/suicideprev/rockettsci.html>

Toledo-Area Resources for Counseling Services

<https://www.utoledo.edu/studentaffairs/counseling/toledoarea-resources.html>

-Emergency Services

-Substance Use Emergency Treatment Services

-Toledo Alcoholics Anonymous Meeting Finder

UT Counseling Center

<https://www.utoledo.edu/studentaffairs/counseling/>

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PHYSICAL/NUTRITION WELLNESS



Food Pantry

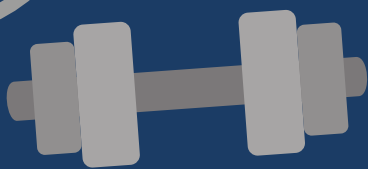
<https://www.utoledo.edu/studentaffairs/food-pantry/>

Rec Center

<https://www.utoledo.edu/studentaffairs/rec/>

**“HEALING IS A MATTER OF
TIME, BUT IT IS
SOMETIMES ALSO A
MATTER OF
OPPORTUNITY.”**

– HIPPOCRATES



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