# Student Resources Available to You at Durham Tech

Durham Tech faculty and staff want students to succeed, and we know that "life happens." The college has several high-quality resources that are available for free for enrolled students, and I am providing an ever-growing list of these supports below.

If you are experiencing life difficulties that you do not see reflected here, please reach out to me at: INSTRUCTOR’S DURHAM TECH EMAIL ADDRESS

## Personal Crisis

Durham Tech has several supports to assist students experiencing overwhelming anxiety or stress, including counseling and wellness supports. However, in cases of serious emergency, *please* use one of the following national emergency help numbers:

* **National Suicide Prevention Lifeline:** 1-800-273-8255
* **National Disaster Distress Hotline:** 1-800-985-5990
* **National Domestic Violence Hotline:** 800-799-SAFE

## Food Assistance

The [Campus Harvest Food Pantry](https://www.durhamtech.edu/community-engagement/campus-harvest-food-pantry) is open to anyone with a current Durham Tech ID. The pantry now offers bags of groceries, frozen family meals, and feminine hygiene products for pick up on Wednesdays and Thursdays. After completing a simple form, the food pantry staff will contact you to confirm and provide pick-up information.

[Please click on this sentence to go to the Campus Harvest Food Pantry page at Durham Tech.](http://www.durhamtech.edu/community-engagement/campus-harvest-food-pantry)

## Counseling and Wellness

If you are experiencing serious personal crisis, anxiety, grief,  concerns about future plans, or academic worries, Durham Tech's Counseling Services office offers one-on-one help by appointment and over the phone.

If you need counseling support, please send an email from your ConnectMail account to [Karen Mosley](mailto:mosleylyonk@durhamtech.edu), Coordinator of Counseling Services at moselylyonk@durhamtech.edu. Once your email is received, a member of our counseling staff will contact you to discuss how we may be able to support you during this time.

To accommodate students who would typically meet face-to-face with a counselor, we will provide virtual services, including phone calls and video chats. In addition to providing referrals to appropriate community resources, counselors will be available to assist you with your needs 8:00 AM to 5:00 PM, Monday through Friday.

[Please click on this sentence to go to the Counseling Services web page at Durham Tech.](https://www.durhamtech.edu/student-services/counseling-services)

There is also a Student Wellness Line, accessible 24/7 at 704-529-1428 or 800-633-3353.

This line allows you to connect with counselors in your area for virtual, phone or face-to-face appointments. It is a safe and secure way to get short-term counseling on issues including:

* Managing stress
* School, work or life issues
* Relationship issues
* Family concerns
* Anxiety, depression
* Grief, trauma, loss
* Self esteem
* Substance abuse

All services of the Student Wellness Line including counseling sessions are completely confidential.

This service is provided in partnership with McLaughlin Young and also offers  [online resources](http://www.powerflexweb.com/1096/login.html) accessible with the following login credentials:

* username: durhamtech
* password: guest

[Please click on this sentence to go to the Wellness Line's web page at Durham Tech.](https://www.durhamtech.edu/student-services/counseling-services/student-wellness-line)

## Emergency Financial Assistance

Durham Tech has two programs to support students in need of emergency financial assistance for rent, utilities, car repairs, course-related expenses, and other emergencies. Our [Emergency Financial Assistance Program](https://www.durhamtech.edu/student-services/emergency-financial-assistance) is a one-time grant, while the [Finish Line](https://www.durhamtech.edu/student-services/emergency-financial-assistance) grant is available once per semester to students who have completed at least 50% of an eligible program.

[Please click on this sentence to go to the Emergency Financial Assistance web page at Durham Tech.](https://www.durhamtech.edu/student-services/emergency-financial-assistance-program)

For the Finish Line Grant, Orange county residents should contact Ms. Iesha Cleveland at [clevelandi@durhamtech.edu](mailto:clevelandi@durhamtech.edu) and Durham county residents should contact Ms. Véga Swepson at [swepsonv@durhamtech.edu](mailto:atswepsonv@durhamtech.edu).

## Computers & Internet

Durham Tech staff are working to assist students who are struggling to access computers and internet services during COVID-19. Students can purchase discounted, refurbished computers using financial aid or personal funds. Students who cannot afford these discounted computers may apply for computer assistance. We will do our best to accommodate you, whether through the Durham Tech Library’s loaner laptop program or through a limited supply of computer scholarships.

Staff are also assisting students to access affordable internet solutions. Visit the [Computer and Internet Assistance page](https://www.durhamtech.edu/coronavirus/computer-and-internet) for details and to request support.  With questions, contact Maggie West at [westm@durhamtech.edu](mailto:westm@durhamtech.edu) or call (919) 885-4352.

[Please click on this sentence to go to the Computer and Internet Assistance page at Durham Tech.](http://www.durhamtech.edu/coronavirus/computer-and-internet)

[If you do not have access to a reliable word processing program, be aware that you can get a free MS Office suite using the link provided in this sentence.](https://www.microsoft.com/en-us/education/products/office)

## Sakai Support

* [Need help with Sakai?](https://wiki.durhamtech.edu/wiki/index.php/Contact_Sakai_Support)
* [Need help resetting your password?](https://wiki.durhamtech.edu/wiki/index.php/Sakai:_Logging_in#What_if_I_forget_my_password.3F)

## Support for Student Parents

Being a student while parenting is supported at Durham Tech, and student parents have access to a supportive community and specialized resources. I encourage you to join the College’s Student Parent Success Network to connect with fellow student parents, receive support for managing at-home learning, and learn about additional resources on campus and in the community. [Join the Student Parent Success Network here](https://forms.office.com/Pages/ResponsePage.aspx?id=VZNUEsbgN0KzqdNHfaRTeACvLZbqJk1FlQdhtsyIGW1URENHRkdWTlhLWE1LQVhWNjJFOFNHUjEwVS4u), or email Maggie West at [westm@durhamtech.edu](mailto:westm@durhamtech.edu).

## Financial Coaching

Durham Tech offers free, one-on-one financial coaching. Get personalized assistance reducing debt, talking with creditors, negotiating payment plans, building spending plans, and lots more. You can email Durham Tech’s Financial Coach, Larry Chapman, at [chapmanl@durhamtech.edu](mailto:chapmanl@durhamtech.edu) or schedule an appointment [online](https://calendly.com/larry-chapman).

[Please click on this sentence to visit the Financial Coaching web page at Durham Tech.](https://www.durhamtech.edu/student-services/financial-coaching)

## Contacting the Instructor

In addition to using the above supports, *please* reach out to me using my contact information when "life stuff" is causing you difficulties. We can discuss additional supports that can help you succeed and make extension and makeup plans for the class.

### Here is my contact information:

* E-mail:
* Telephone:

### Office Hours for Live Meetings

If none of these times work for you, please reach out and we will look for other times that will work!

* Most of the material above on college resources was put together by our amazing Student Engagement and Student Success staff, including Director of Student Engagement Erin Riney, Student Wellness and Basic Needs Coordinator Maggie West, and Center for College and Community Service Coordinator Jessica Dormady. Always cite your sources!