

CAMPUS RESOURCE LIST

WHO CAN I CONTACT?	HOW CAN THEY HELP ME?
Case Manager Dean of Students 832.842.6183	Assistance and information to connect with campus/ community resources
University of Houston Health Center 713.743.5149	Psychiatry appointments and pharmacy services
CAPS-Counseling and Psychological Services 713.743.5454	Individual and group counseling services
CSD-Center for Students with DisABILITIES 713.743.5400	Academic accommodations and support
Undergraduate Academic Affairs 713.743.9112	Academic options
Financial Aid 713.743.1010 x 6	Financial Aid options
Registration and Academic Records 713.743.1010, option 7	Dropping and/or withdrawing from courses options
LAUNCH (LSS) 713.743.5411	Tutoring and academic support
UH Wellness 713.743.5487	Wellness and prevention support
University of Houston Police Department 713.743.3333	Campus safety and security
Veteran Services 832.842.5490	Support services for veterans
Women and Gender Resource Center 713.743.1076	Sexual Misconduct Support Services

Courage starts with showing up and letting ourselves be seen.

-Brene Brown

Student Outreach and Support Connection • Care • Support

*It is my honor to
create a space for you
hear your story
affirm your struggle
listen to you
assist you
connect you
encourage you
check-in on you
advocate for you
and
serve YOU*

Case Manager
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Fax: 713.743.5477

UNIVERSITY of HOUSTON

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HOUSTON

STUDENT AFFAIRS & ENROLLMENT SERVICES
Dean of Students Office

STUDENT OUTREACH AND SUPPORT

CONNECTING COUGARS TO CARE

STUDENT RESOURCE GUIDE

DEAR COUGAR,

The University of Houston is committed to the success and well-being of all students in our community. In collaboration with our campus and healthcare partners, we want to extend our support and assistance to you during this time.

As Case Manager, it is my honor to reach out and follow up with students who are transitioning back to campus after a transport or hospitalization to ensure a connection to care and continued academic success. It is our intention to be proactive in contacting students before and shortly after discharge to offer assistance, information and resources.

There may be many questions you have about the impact of your absences on your academic, housing and financial aid status. You may also have questions about following through on your discharge plan. My role is to help you sort out the questions and connect you to the right department in a timely manner.

If you are interested in contacting me before you leave the medical facility, please call me at **832.842.6183** or email me **casemanager@uh.edu**. Please let your nurse know you are trying to contact the case manager, and they will help you complete the necessary paperwork to ensure a plan for communication. If you are already discharged, please contact the Dean of Students Office to schedule a meeting.

I hope you find these tips and resources helpful in your transition back to your academic pursuits at our UH campus community.

Case Manager

Student Outreach and Support
Dean of Students Office

RECOMMENDED CHECKLIST



BEFORE leaving the medical facility

- Get written verification of hospitalization to document your absences.
- Review your discharge plan.
- If applicable, review your medication (what you are taking, why you are taking them and possible side effects).
- Have your prescriptions filled or know where to get them filled.
- Ask any questions you still have to your nurse, doctor and/or social worker.
- Know how you are getting home and/or back to campus.
- Ask your nurse/social worker to help you reach out to the UH Case Manager prior to discharge.
- Sign a Release of Information for the Case Manager and your doctor to talk about your discharge and follow up care.

AFTER leaving the facility

- Schedule an appointment with the Case Manager at **832.842.6183** to assist you with connecting to campus and community resources.
- Check your University of Houston email.
- Utilize campus resources list on the back of brochure.
- If you live on campus, contact your Resident Advisor/ Residence Life Coordinator to let them know you have returned back to campus.

THINGS TO REMEMBER DURING AN UNEXPECTED TRANSITION

- 1 Your overall well-being is especially important during a difficult time.** Make sure you are eating healthy and getting plenty of rest.
- 2 Assess what you are ready to take on.** While you may want to jump right back into classes, homework and everything else, it is essential that you consider pacing yourself and giving yourself time to recover.
- 3 Use your resources.** There are many offices and departments that can help you during this time, get to know the resources and ask for help early and often.
- 4 Be kind to yourself.** Remember that your body and mind just had a new experience and is likely still processing everything that occurred. Be patient and understanding with yourself regarding what you can and may not be able to do right away. Adjusting to new ways of living take time and patience.
- 5 One small step at a time.** Don't force yourself to make any big decisions right now that do not have a firm timeline. Try to focus on the small steps and get back to stronger standing; being reoriented to school, family, residence etc. is important in making a fully informed decision.