I'm having trouble meeting my basic needs.

The Student Food Bank/Pantry on each campus provides food and toiletry items to students in times of need, helping them to stay in school and meet their educational goals. More information is available here. Hours are Monday-Friday 9 a.m.-4 p.m. (hours subject to change) or by appointment.

MCC 200L2 | 216-987-4610 (outside of regular hours)

Project GO! provides free services to assist qualified students with additional resources to ease financial challenges. The program also seeks ways to eliminate barriers to education by connecting students with food assistance, housing assistance, child care, utility assistance and healthcare needs. More information is available here.

MSS 23 | 216-987-6000 (Option #2)

RTA U-Pass

Tri-C supports the RTA Student Universal Pass (U-Pass) program. U-Pass allows Tri-C students to ride free of charge on all RTA buses and trains during all academic semesters and sessions. Information about the RTA U-Pass can be found here.
I need help with my FAFSA and getting money for college.

Financial Aid
Tri-C maintains a Financial Aid and Scholarships office on each campus. This office is dedicated to helping students navigate financial aid options for paying for their college expenses. Students can meet with a student financial aid advisor for information and guidance on student loans, Pell Grant, FAFSA and scholarship applications, work-study and satisfactory academic progress (SAP) issues. More information is available here. MSS 23 | 216-987-6000 (Option #2)

Scholarships
There are many scholarship opportunities available to Tri-C students, including merit-based awards for students who excel in the classroom, awards to participate on Tri-C athletic teams or serve on student government and awards for success and completion. Information about applying for scholarships is available here. MSS G23 | 216-987-6000 (Option #2)

Work-Study
Earn while you learn! Student employment is an important source of financial aid for students. At Tri-C, the Work-Study program provides meaningful work experiences that result in self-confidence and self-sufficiency. More information is available here.

I need to talk to someone. I don’t feel safe.

Cleveland Rape Crisis Center Get connected with victim assistance, counseling and specialized services. Call or text our 24/7 hotline for help at 216-619-6192 or 440-423-2020, or visit clevelandrapecrisis.org. For more resources, click here.

Suicide Prevention
Suicide is a health epidemic. According to the CDC, suicide is the second-leading cause of death among 25- to 34-year-olds and third for ages 15 to 24. Suicide prevention begins by building awareness of risk factors, warning signs and symptoms, effective communication and the many resources offered. Information and resources are available here.

Talk 24/7
Cuyahoga County Crisis Hotline:........................216-623-6888
Suicide Prevention Lifeline: .....................800-273-TALK (8255) veterans press 1
LGBTQ+: .........................................866-4-U-TREVOR (488-7386)

Text 24/7 – Text “Start” to 741-741
Chat 24/7 – Lifeline Crisis Chat

United Way 2-1-1 provides 24/7 assistance with social service needs. Local phone and online chat assistance is available for emergency housing, family and parenting support and healthcare, referrals to mental health services, housing and utility assistance, legal assistance and more. 2-1-1 is a nationwide service that helps people discover resources, resolve problems and find lasting improvement in life. More information is available here.
I had an IEP or 504 plan in high school.

Student Accessibility Services
Students choose Tri-C because of its continued commitment to serving their needs. Student Accessibility Services supports students with disabilities at any Tri-C campus or location, as well as students taking online courses. These can include learning disabilities, sensory limitations, psychiatric conditions, physical mobility conditions and chronic health issues. All matters related to a person’s disability are kept confidential. More information is available here or by contacting Lisa Husamadeen (216-987-4290 or Lisa.Husamadeen@tri-c.edu).

I need some extra help with my classes.

Course Syllabus
Don’t forget to take a look at your course syllabus for your instructor’s office hours and contact information. Contact your instructor if you need some extra help or support.

Online tutoring is available 24/7 for current Tri-C students. Through Smarthinking, you can submit a question and get a timely response, interact with a tutor, schedule a personal tutoring session or submit a paper to the online writing center. Log in information is available here.

Our student success specialists can help keep you on the path to success! They offer one-on-one assistance and support throughout your academic career at Tri-C. Visit the Success Center in MSS 209 or contact Verita Bell (216-987-4008 or Verita.Bell@tri-c.edu), or HerBrina Shepherd (216-987-4973 or Herbrina.Shepherd@tri-c.edu).

TRiO Student Support Services (SSS) provides a comprehensive range of academic and other support services that help eligible participants enhance their academic skills to increase their retention, assisting on the path to graduation or transfer to a four-year institution. More information is available here.

Tutoring services are free of charge to Tri-C students for the courses in which they are currently enrolled. Appointments are encouraged, but walk-ins may also be accepted. View the most up-to-date tutoring schedule here.

Writing Center consultants can help writers in any subject, during any phase of the writing process, on any subject, from brainstorming to final copy. They assist in document preparation, citation style, research and other technical aspects of writing. They can include creative writing, personal writing, technical communication and college entrance essays. More information is available here.
I want to make sure I am not plagiarizing and have cited sources correctly.

**Tutoring services** are free of charge to Tri-C students for the courses in which they are currently enrolled. Appointments are encouraged, but walk-ins may also be accepted. View the most up-to-date tutoring schedule [here](#).

MSS 4th floor | 216-987-4253

**Writing Center** consultants can help writers in any subject, during any phases of the writing process, on any subject, from brainstorming to final copy. They assist in document preparation, citation style, research and other technical aspects of the writing process. They can include creative writing, personal writing, technical communication and college entrance essays.

More information is available [here](#).

MSS 4th floor | 216-987-4984

I need a place to study, do research and type papers.

The **Learning Commons** is an innovative academic support environment at Tri-C. The library and Technology Learning Center (TLC) are located on the third floor of the Student Services building. The Tri-C library provides students, faculty, staff and community members access to a wealth of information resources including books, journals (print and electronic), media and more. The Technology Learning Center provides access to computers with high-speed internet and various software applications. Hours of operation and more information are available [here](#).

MSS 3rd floor (Library), MTLC 256 (TLC) | 216-987-4295

I need help deciding which courses to register for.

**Academic counseling** is one of the most important services you will receive in college. Work together with your counselor to achieve your educational goals. More information is available [here](#).

MSS 130 | 216-987-6000 (Option #4) for an appointment (specify campus when you call) or schedule online [here](#).

I plan to transfer to a four-year school after I receive my degree at Tri-C.

Whether you’re transferring credits directly from another college, or returning to school after an absence or following military service, we can help. More information is available [here](#) or by contacting Kimberly Liddell (216-987-4131 or kimberly.liddell@tri-c.edu), Stephanie Zarraga (216-987-3353 or stephanie.zarraga@tri-c.edu), or Melissa Swafford (216-987-3195 or melissa.swafford@tri-c.edu).

MSS G15 | 216-987-3841
I want to find an organization that supports diversity and inclusion.

The **Black American Council** provides comprehensive programs for students through community outreach and involvement, career development opportunities, workshops and forums, and cultural awareness through activities and field trips. Through the Black American Council mentoring program students, faculty and staff are linked in mentoring relationships that encourage student excellence and provide support in times of need.

More information is available [here](#).

MSS 313 | 216-987-4527

The **Hispanic Council** facilitates the implementation of Hispanic initiatives to benefit Tri-C and the Hispanic community. It also advises the College on Hispanic issues and serves as a liaison between the College and Greater Cleveland’s Hispanic community. More information is available [here](#), or by contacting Danny Vazquez (216-987-4420, danny.vazquez@tri-c.edu) or Stephanie Zarraga (216-987-3353, stephanie.zarraga@tri-c.edu).

**Lambda GSA** (Gender-Sexuality Alliance/Gay-Straight Alliance) strives to educate others and ourselves on gay, lesbian, bisexual, transgender and straight-ally issues, and to work with other campus groups toward eliminating intolerance and prejudice. Its goal is to create an accepting environment at Tri-C and in the community, and to be a safe place in which everyone can feel comfortable and supported. More information is available [here](#) or by contacting Metropolitan Campus advisors Jennifer Dietz (216-987-4117, jennifer.dietz@tri-c.edu) or Diana White (216-987-6155, diana.white@tri-c.edu).

**Veteran Services and Programs**

Tri-C continues its commitment to veterans and their families through its Veterans Initiative and Veteran Services and Programs office, offering customized support services to serve those who have served so proudly. More information is available [here](#).

MSS 501 | 216-987-4529
I want to be more involved on campus.

*Student Engagement/Student Life* provides programs and activities that promote learning and development both outside and alongside classroom learning. More information is available [here](#).

MCC 200L2 | 216-987-4610

I want to develop and use my leadership skills.

*Student Leadership* at Tri-C is an integral part of the learning experience. Tri-C offers a number of opportunities for students to develop as leaders, practice their leadership skills, and effect positive change at the College and in surrounding communities. More information can be found [here](#).

MCC 200L2 | 216-987-4610
I want to be ready for my career.

The Tri-C Career Center provides a variety of free services to support and prepare students, alumni and community members for a successful job search, including workshops and individual career coaching. More information is available here. Contact Eric Norris (216-987-2521, eric.norris@tri-c.edu).

MSS 207 | 216-987-4913
I need resources to help keep me feeling well and to help take care of myself and/or my family.

**Preventative Care Center (PCC)**
The Preventative Care Center (PCC) is a professional, well-equipped health career classroom that provides a high-quality educational experience for Tri-C® students. Since opening in 2009, more than 3,000 sessions have taken place involving students in the Dietetic Technology, Medical Assisting, Occupational Therapy Assisting and Physical Therapy Assistant programs, as well as students in Cleveland State University’s physical therapy doctoral program.

Services include:
- Physical therapy
- Nutrition coaching
- Preventative and wellness services
- Blood pressure
- BMI and body fat percentage
- Cholesterol screening
- Blood glucose and A1C

Complete list of fees and services available online. Please call to schedule an appointment.

Hours: Tuesdays and Thursdays, 2-5 p.m.

MHCS 104 | 216-987-3555 | tri-c.edu/pcc

**Dental Hygiene Clinic**
Tri-C’s Dental Hygiene program operates a clinic staffed by registered dental hygienists with advanced educational degrees, along with a supervising dentist. The clinic seeks to create an educational climate that facilitates the development of professional dental hygienists. Everyone is welcome at the clinic; however, a parent or legal guardian must accompany clients under age 18 to their initial appointment.

Services include:
- Oral cancer examination
- Periodontal charting
- Oral hygiene instruction
- Oral prophylaxis (cleaning of teeth)
- Radiographs (X-rays)
- Fluoride treatment

Complete list of fees and services available online. Please call to schedule an appointment.

MHCS 127 | 216-987-4413 | tri-c.edu/dentalclinic

**Optical Dispensary**
The student-run Optical Dispensary is supervised by licensed opticians. Optical Technology students gain experience in the field by helping students, employees and community members with the fitting and purchase of eyeglasses. Patients must bring a current prescription as prescribed by an ophthalmologist or optometrist. A current prescription is unexpired and must not be older than two years.

Services include:
- Single vision and bifocal eyeglasses*
- Eyeglass fabrication
- Eyeglass dispensing

*Fees vary depending on lenses and frames chosen and must be paid prior to optical services being provided.

MHCS 118
opticaldispensary@tri-c.edu | tri-c.edu/eyeglasses

Hours: Vary by semester; visit webpage for details

**Metro Recreation Center**
The Recreation Center offers programs and activities that promote learning and development outside the classroom as well as noncredit courses for students and community members.

tri-c.edu/recreation | 216-987-3624

Hours: Vary by semester; call or visit webpage for details