

On-Campus Resources for Students

Here's a list of on-campus resources available to A-State students! We'll do our best to keep everything current, but since things can change, we recommend reaching out to the department or team directly to make sure you have the most up-to-date information.

Pack Support

Whether you're not sure where to start or you need some extra guidance, Pack Support is here to help. From academic support to food and shelter anxieties, they can help connect you to the right people and resources.

Specific challenges may include, but are not limited to:

- Academic performance
- Harm to self or others
- Financial concerns
- Food or shelter anxieties
- Illness or hospitalization

Wilson Counseling Center

College life can be exciting, but it can also come with stress and pressure. The Wilson Counseling Center is here to support you through the natural mental health challenges that come with being a student. Counseling services are **free** for all enrolled students at A-State Jonesboro and NYITCOM at A-State. Scheduling an appointment is easy! You can:

- Stopping by their office at 107 N. Caraway Rd.
- Calling 870-972-2318
- Email counseling@Astate.edu

Mental-Health Emergencies

If it's a medical emergency or a life-threatening situation, call 911 or go to the nearest emergency room.

If you or someone you know is having a mental health crisis, please visit the Wilson Counseling Center's webpage for the most up-to-date information or call University Police at (870) 972-2093.

The Lupine Wellness Center

Life can be full of ups and downs. The Lupine Wellness center offers counseling and therapy services to A-State-Jonesboro students, staff, faculty, and the Northeast Arkansas community on a sliding scale with no insurance required. Counseling services are **free** for all A-State students, faculty and staff. Scheduling an appointment is easy.

- Call (870) 972-2000
- Email Lupine@AState.edu
- Stop by at 330 University Loop, Arkansas State University, 72467, Room 133

The Lupine Wellness Center also offers the following services: academic interventions, behavioral parent training, behavioral therapy for children, consultations, psychoeducational workshops, family therapy, individual therapy, marital or couples therapy, play therapy, and social skills training.

Student Health Center

The Student Health Center — operated by the NYIT College of Osteopathic Medicine at A-State — provides comprehensive care for students at a discounted rate. From operating hours to services provided, get the info you need for your visit.

CARE Team

The CARE Team helps when you're facing personal or academic challenges. They'll connect you with the right campus resources to support your wellbeing and success. You can also report concerns to help keep our community safe.

A-State Food Pantry

The A-State Food Pantry serves A-State faculty, staff, or students with a valid A-State ID. There are no income requirements. For more information, contact pantry@AState.edu or the Leadership Center at 870-972-2055.

Pantry Location

2907 E Johnson Ave
Jonesboro, AR 72401

TRiO (Student Support Services)

TRiO Student Support Services helps you stay on track with free academic advising, tutoring, mentoring, and career coaching.

Eligibility

To be considered for services, a student must be a U.S. citizen, national, or meet the residence requirements for federal student aid and be enrolled or accepted for enrollment at A-State.

Students must also meet one of the following requirements:

- Be a first-generation college student (neither parent has a baccalaureate degree).
- Meet income guidelines.
- Be an individual with a disability.
- Aging out of the foster care system.
- Homeless.

Non-Traditional Student Services

Balancing school with work, family, or other responsibilities? Non-Traditional Student Services offers resources, support, and connections for students who take a different path. You're not alone.

Tutoring and Writing Centers

Did you know that A-State has nine different tutoring centers? They specialize in everything from oral presentations to science and math. Whether you need quick homework help or ongoing support, you'll find the resources to help you succeed. Explore the different centers and get the help you're looking for.

Beck Center for Veterans

If you're a veteran, service member, or family member, the Beck Center is here for you. Get support with academic advising, benefits, career counseling, and rehabilitation services. They'll help you achieve your post-military goals.

Career Services

The Office of Career Development & Engagement connects students, alumni, and employers. Whether you're exploring majors, looking for a job, or recruiting top talent, we're here to help. Get guidance, gain experience, and take the next step.

A-State Online Support

At Arkansas State University, online doesn't mean on your own. A-State Online Services (AOS) is here to guide you from day one to graduation, with real people ready to help. Explore tools, resources, and support waiting for you.

University Police

University Police are here to protect you and the A-State community. From emergency response to safety escorts and campus alerts, they provide resources and services to keep you informed and safe on campus.

IT Helpdesk

Need help with campus Wi-Fi, your student email, or non-AAS campus technology? A-State's IT Services team provides the tools and support to keep you connected. From tech troubleshooting to online learning resources, they've got you covered.

Academic Advising

Meet with one of our professional advisors from the Advising Center. Explore majors, create a plan for success, and get personalized advice to stay on track. Whether you're looking to boost your grades or plan for graduation, they're here to help.

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