

Le Moyne Resource Guide



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HOPES

Healthcare Opportunities for
Professional and Educational Success

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This guide was compiled with all of Le Moyne’s students in mind, especially our graduate students pursuing advanced degrees in healthcare. We understand that they are often returning to school at a time when they are holding more responsibility in their personal lives than ever before. With family, home, work and other obligations, life can grow complicated fast.

The HOPES program is here to help, and this guide reflects all of the campus and community resources that are available to Le Moyne students. We live in a collective society. Asking for and receiving help is a beautiful aspect of humanity. Please use these resources.

Index

Health and Well-being.....	3
Personal and Professional Development	4
Domestic Violence/Sexual Assault Resources	5
Emergency Shelter	5
Food.....	6
Connection.....	7

Health and Well-being

The Wellness Center

Located on the second floor of Seton Hall, the Wellness Center for Health and Community offers in-person and Zoom counseling sessions. If you need in-the-moment care and real-time support for mental wellness, use the TELUS Student Support App or call (866) 743-7732.

Counseling Services (315) 445-4195

Email: counselingservices@lemoyne.edu

Health Services (315)-445-4440

Email: healthservices@lemoyne.edu

Follow Wellness Center on Social Media for Updates:



Le Moyne College Wellness Center for Health and Counseling



@LMCWellness

TELUS Health App >



Wellness Center >



Insurance

If you need to know if you are eligible for Medicaid, go to [healthcare.gov](https://www.healthcare.gov) to start the process to get your own health coverage. To find a list of providers who accept Medicaid, go to [health.data.ny.gov](https://www.health.data.ny.gov).

New York State Income Based Health Insurance: Medicaid, Child Health Plus, The Essential Plan, Qualified Health in Onondaga County.

NY State of Health, the Official Health Plan Marketplace has in-person assistors in your community who can help you apply and enroll in a health plan.

- Help is free and available in your own language.
- Assistors can meet with you in locations convenient to your home or work.

Assistor Name

Phone Number

ACR Health

1 (800) 475-2430

Syracuse Northeast Community Center

(315) 472-6343 x204

The Salvation Army of the Syracuse Area

(315) 479-1155

Mental Health

New York State Emotional Support Hotline:

1 (844) 863-9314 for those dealing with increased stress and anxiety

Call or text **988** anytime for immediate mental health support.

Go to calm.com/blog/essentials for free guided meditations.

Personal and Professional Development

Use the offices and resources below to help troubleshoot or jumpstart your professional journey:

Career Advising and Development

For any questions or concerns, reach out at: careers@lemoyne.edu

Handshake

- Make appointments with staff from the Office of Career Advising and Development
- Check for internship and job opportunities
- Access to resume drop-in hours

Follow Career Advising and Development on Social Media for Updates

 **Le Moyne College Office of Career Advising and Development**

 **@LMCDolphinsWork**

Student Success Center

The Student Success Center is located on the first floor of the Noreen Reale Falcone Library. Tutoring services are available during the following times throughout the Fall and Spring semesters:

Monday – Thursday 10 a.m. – 9 p.m.

Friday 10 a.m. – 4 p.m.

Sunday 3 p.m. – 9 p.m.

Email studentsuccess@lemoyne.edu with any questions or concerns. Student Success is available for one-on-one support via phone, email and Zoom.

Tutoring

Access peer tutoring by signing up here or scanning the QR Code >

Follow *Student Success Center* on Social Media for Updates.

 **@LMCSCC**



Center to Advance Palliative Care

The center offers online education courses for providers. Resources can be accessed online at: capc.org

Pathway U

Pathway U is available to you 24/7 to help define your career path online at: lemoyne.pathwayu.com

Domestic Violence/Sexual Assault

National Resources

National Domestic Violence Hotline (24/7): **1 (800) 799-7233**

United States Department of Justice: Office on Violence Against Women: **justice.gov/ovw**

National Domestic Violence Hotline: **1 (800) 799-7233 (SAFE)**.

Campus Resources

Title IX Coordinator: **(315) 445-4278** or **titleIX@lemoyne.edu**

Onondaga County - Vera House

www.verahouse.org | **(315) 468-3260**

24/7 Crisis Support

Shelter, therapy, advocacy

Additional information can be found online at: **nyscadv.org**

New York State Domestic Violence Hotlines: **opdv.ny.gov**

English and Español/Multi-language: **1 (800) 942-6906**

Accessibility/Deaf or Hard of Hearing: **711**

Emergency Shelter Housing

24 HOUR CRISIS HOTLINE FOR ALL SHELTERS: DIAL 211

Text **DRC** and **your ZIP code** to **43362** (Example: DRC 13212)

Rescue Mission Shelter – Men and Women

122 Dickerson Street, Syracuse, NY

Provides an emergency shelter for men and women with access to meals, permanent housing, employment and spiritual assistance. Makes referrals to appropriate services for those with substance abuse and mental health issues. Case managers are available to provide assistance.

Salvation Army Adult Shelters

<https://syracusenysalvationarmy.org/SyracuseNY/AdultShelters>

Emergency Family Shelter | Syracuse, New York 13202
Phone: (315) 479-1332

Women's Shelter: (315) 472-0947

Youth Shelters and Residential Programs:

<https://syracusenysalvationarmy.org/SyracuseNY/YouthShelters>

<https://otda.ny.gov/programs/heap/>

Catholic Charities

Online at **ccoc.us** or call **(315) 475-3807**

Offering services such as:

- Prescription co-pay assistance
- Housing for low-income Veterans
- DSS family support
- Clinical services

Food Resources

Campus Cupboard

The Grace Center for Faith and Community

Open to entire campus community

Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.

Sunday, 6 - 7 p.m.

*If these hours do not work with your schedule, please email **thomasgk@lemoyne.edu** for more information.*

DeWitt Food Pantry

50 Canton Dr. Dewitt, NY 13214

Bring your Le Moyne College tuition statement for eligibility

Hours: Wednesday, 1 p.m. - 4 p.m.

Saturday, 10 a.m. - 1 p.m.

SNAP Benefits

Please reach out to Grace Thomas, the liaison for the food pantry. She can connect you with the food pantry's coordinator. She can also help with the first steps of applying.

Meal swipe assistance >



Local food pantries >



Connection

Being a graduate student can feel isolating at times. Between family expectations, challenging coursework, and demanding work schedules, it can be difficult to find time to connect with people on campus and fully engage in your LMC experience. On this page, you will find a list of flexible opportunities for connection with your peers. Don't forget, taking time for yourself and social activities is a vital part of your time in graduate school!

Graduate Student Events

Resources for new graduate students, scan here >



Le Moyne now has a filtering feature on the events page that isolates activities designed just for graduate students! Simply visit **lemoyne.edu/events** and choose "Graduate Student Events" in the "Categories" section. *HOPES events will also be posted on this platform.*



HOPES Office

Have some free time? Come on down to the HOPES office! We are located on the first floor of Reilly Hall across from the elevators – 101T

Please check **lemoyne.edu/hopes** for office hours.

Corcoran Pub Happy Hour

Happy Hour at Corcoran Pub on the second floor of the Campus Center is every Thursday from 4 - 6 p.m.!

Spiritual Resources

The Grace Center for Faith and Community in the Panasci Family Chapel is a vibrant hub for social and spiritual connection. Whether you're giving back to the community or looking for support for yourself, the Grace Center should be your first stop. Learn more at **lemoyne.edu/grace** or stop in for a visit.

Grace Center for Faith and Community >





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