

## **K-State Campus Resources for Students:**

K-State has many resources to help contribute to student success. These resources include accommodations for academics, paying for college, student life, health and safety, and others found at [www.k-state.edu/onestop](http://www.k-state.edu/onestop)

Some of these resources include:

[K-State Office of Student Life](#), 785-532-6432

The Office of Student Life provides direct support and services to students and advocates for students in a variety of settings. They can connect you with accurate referrals for academic and personal problems.

[K-State Counseling Services](#), 785-532-6927

As a student, you may experience a range of issues that can cause barriers to learning. These might include strained relationships, abuse, high levels of stress and anxiety, addiction, feeling down, or loss of motivation. Counseling Services provides mental health services on campus.

[K-State Academic Achievement Center](#), 785-532-6492

The AAC is a free resource for all K-State students. The AAC offers free small group, one-on-one, and online tutoring through the Holtz Hall Tutoring Center, Supplemental Instruction to complement your large-lecture courses, Academic Coaching to develop strategies to maximize your personal strengths and conquer difficult classes, and Student Success Courses to learn the skills and strategies needed to be successful at K-State.

[K-State Writing Center](#), 785-532-0842

The Writing Center provides feedback at any stage of the writing process to enable students to gain awareness of writing strategies; improve writing assignments or non-academic writing; and increase their sense of competence, confidence, and ownership in writing.

[K-State Office of Diversity](#), 785-532-6276

The Office of Diversity is committed to promoting diversity in every sector of Kansas State University. It provides a variety of services designed to help students succeed academically.

[Cats' Cupboard](#): The K-State Food Pantry, 785-532-0366

Cats' Cupboard is open to all K-State students. Students are encouraged to take food, hygiene, and cooking equipment that correspond with their personal needs, and may utilize the pantry as often as they see fit.

## Community Mental Health Resources

Some students may prefer to seek treatment off campus for a variety of reasons. Students should be advised that there are also a number of community resources for individuals struggling with mental health issues, including depression, anxiety, grief and loss, pain, trauma, and more. Below is a list of some individual providers and group practices here in Manhattan.

Also, please note that you can search for individual mental health providers and specialists through [Psychology Today](#). Please contact individual counseling services or providers for more information on specialty areas, insurance coverage, medication management, etc.

Please note that with the exception of the Pawnee Crisis Stabilization Unit, these are not emergency services. In the event of an emergency please call 911 or go to the nearest emergency room.

[Andrews & Associates Counseling Services](#), 785-539-5455

[Manhattan Mental Health Services](#), 785-537-6051

[Jessica Manny-Flynn, LCSW](#), 785-775-1100

[Insight Psychological Services](#), 785-320-6425

[Katie's Way](#), 785-320-7331

[Pawnee Mental Health Services](#), 785-587-4300 (Manhattan Office)

Tina Steffensmeier, LCPC, LCAC, 785-320-2243

[Dr. Sarah Wesch](#), 785-236-5147

## Psychiatry and Mental Health Medication Specialty Care Resources in Manhattan, Kansas Area

[Pawnee Mental Health Services \(Manhattan office\)](#)

Address: 2001 Claflin Road, Manhattan, KS, 66502

Phone: (785) 587-4300

Fax: 785-587-4305

[Pawnee Mental Health Services \(Junction City office\)](#)

Address: 814 Caroline Ave, Junction City, KS 66441

Phone: (785) 762-5250

Fax: 785-762-2144

Age: Adults and children

Info: You will need to attend two appointments (intake + counselor) prior to seeing a prescriber.

[Pawnee Mental Health Crisis Stabilization Unit](#)

Address: 1558 Hayes Drive, Manhattan, KS 66502

Phone: 785-587-4302

Info: 24 hour crisis assessment, medication (upon admission), linkage to resources

[Konza Prairie Community Health & Dental Center](#)

Address: 361 Grant Avenue, Junction City, KS 66441

Phone: 785.238.4711

Fax: 785.579.6113

Age: adults and children

[Katie's Way Manhattan](#)

Address: 720 Poyntz Ave, Manhattan, KS 66502

Phone: (785) 320-7331

Fax: (785) 320-7338

Age: children and young adults: 3-26 years

Info: must complete new patient packet prior to scheduling an appointment.

[Kansas State University Lafene Health Center](#)

Address: 1105 Sunset Avenue, Manhattan, KS 66502-3761

Phone: 785-532-6544

Fax: 785-532-3425

Info: available to K-State students only

Note: Some primary care providers are also able to start and manage a variety of mental health medications.