

Mindfulness Resources Provided by the Wellness Connection

Calm; Insight Timer; Stop, Breath & Think (free apps) and Headspace (subscription)

Mindful.org (books, podcasts, guided meditations, interviews, research)

The Free Mindfulness Project (downloadable mindfulness exercises, videos, and discussion forums)

Korumindfulness.org (meditation mindfulness website designed specifically for college-aged students)

BGSU Resources:

The Wellness Connection

P: (419) 732-9355

E: wellness@bgsu.edu

<http://www.bgsu.edu/recwell>

BGSU Counseling Center

P: (419) 372-2081

<http://www.bgsu.edu/counseling/>

Psychological Services Center

P: (419) 372-2540

E: PSC@bgsu.edu

Falcon Health Center

P: (419) 372-2271

<http://falconhealth.org/>

Student Legal Services

P: (419) 372-2951

<http://www.bgsu.edu/offices/sls/>

Wood County Crisis Line

P: (419) 502-4673

BGSU Police

P: (419) 372-2346 or 911

Works Cited:

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