

Ombudsperson

What can an Ombudsperson help you with?

Adjustment to graduate school:

- Help you thrive and brainstorm ways to foster well-being
- Find greater social connection and sense of belonging
- Offer consultation and support when you're worried about a friend
- Explore choices around alcohol and other drugs
- Be a friendly face and a sounding board in times of loneliness and isolation

Academics

- Be a support if acute or chronic challenges get in the way of learning or participating in courses
- Help coordinate logistics and communications due to an unexpected family or personal issue
- Help with time management and connected with academic support systems on campus
- Help navigate leave and readmissions process for voluntary medical withdrawal from school

You aren't alone – I'm here to help

Mental and physical wellbeing

- Connect to resources during difficult times
- Meet to check in, offer a listening ear, and be a thought partner when navigating support systems
- Offer timely support and referral in cases of acute crisis
- Offer assistance in cases of inpatient hospital treatment
- Broker communications with the Associate Dean's office and professors if hospitalized and help with the transition back to campus

Accommodations and accessibility

- Explore whether you may be eligible for academic or residential accommodation
- Connect you to Pitt's Disability Resource Services