

## Statement on Self-Care

Your academic success in this course and throughout your college career depends heavily on your personal health and well-being. Stress is a common part of the college experience, and it often can be compounded by unexpected life changes outside the classroom. The Pace Community strongly encourages you to take care of yourself throughout the term, before the demands of midterms and finals reach their peak.

	Pleasantville	NYC
Academic Advising	See school listings	
Affirmative Action Office	923-2610	346-1310
Center for Spiritual Development	914 773-3767	914 773-3767
Counseling Center	773-3710	346-1526
Dean for Students Office	773-3351	346-1306
Health Care Unit	773-3760	346-1600
Office of Multicultural Affairs	773-3628	346-1546
3 D F H R P H Q ↑ V & N Q W H F H	287-0739	914 287-0739
Residential Life	597-8777	346-1295
Office of Sexual And Interpersonal Wellness	212 346-1931	346-1931
Student Accessibility Services	914 773-3710	346-1526
Student Engagement	773-3767	346-1590

The Counseling Center Just In Case information supplies potentially life-saving mental health information to Pace University students, staff, and faculty, putting vital information and support [R S W D W R Q M U Q J H M V L L E D V H R D I X L Q Q H G H V O S « W G H H V, Q & D V H H E V L W H](#) or go to "Counseling Center" on the My Pace Safe app.

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