

Basic Needs and Learning

Early childhood educators know that children learn best when they are comfortable and their basic needs for food, shelter, sleep, safety, positive relationships, and a sense of belonging are met. The same is true for college students.

College can be challenging to navigate, and it will be hard for you to learn if your basic needs aren't met--if you aren't getting good nutrition, or enough sleep, if you feel lonely or isolated, or if you're anxious about your living situation, finances, safety, resources, or other issues.

Fortunately, **there are many people and resources on campus that can provide support.** Your academic advisor, your instructors, your Student Success Coach, the Residential Life staff, Student Account Services, and many others can answer questions you have and help you find resources you need.

At [Frost House](#), located on School Street, you'll find helpful resources in the Academic Student Advocate, CARE Program, Director of Student Well-Being, and [Title IX programs](#). You can reach the Frost House staff at 603-535-2206.

The [Student Support Foundation \(SSF\)](#) provides [short-term emergency financial assistance](#) and long-term student support. The Student Support Foundation also sponsors a [food pantry](#),

located in Belknap Hall. To learn more about the SSF and access the food pantry, contact the SSF advisor, Casey Krafton, at psu-ssf@plymouth.edu.

[Health Services](#) is located at 12 Merrill Street (Mary Taylor House), across from Hyde Hall and next to Merrill Place Residence Hall. If you're not feeling well or need a prescription filled, contact Health Services at 603-535-2350 to schedule an appointment.

Free **counseling services** are available from the [PSU Counseling Center](#), located near Hyde Hall (on the side away from the Hyde Hall parking lot). The building looks like a house and has a sign in the front lawn that says "Plymouth State University Counseling Center." It is open Mondays and Tuesdays from 8:00 AM to 6:30 PM and Wednesdays, Thursdays, and Fridays from 8:00 AM to 4:00 PM. You can call the Center at 603-535-2461. If you're in crisis or in an emergency, you can access counseling services during the hours when the Center isn't open.

For more information about Academic, Financial, and Health and Safety Resources, check out the "Know and Utilize Your Resources" section of the PSU [Student Success Guide](#).

If you're comfortable talking with me about your situation, please call, email, or stop by my office. I'll do what I can to help you find resources and support.