ON CAMPUS RESOURCES

39% of college students experience a significant mental health issue while ⅔ of college students with anxiety or depression do not seek treatment.

CRISIS
For 24/7 crisis counseling, call the Counseling Center at 319-273-2676 and press 2 to speak to a crisis counselor.

Contact UNI Public Safety at 319-273-2712 and they will contact an on-call Counseling Center staff member if necessary.

WELLNESS
Counseling Center
uni.edu/counseling
counseling@uni.edu
319-273-2676, SHC 103

Student Wellness Services
uni.edu/studentwellness
wellness@uni.edu
319-273-6119, WRC 104

Student Health Clinic
uni.edu/health
healthcenter@uni.edu
319-273-2009, SHC 016

Student Health Clinic
uni.edu/health
healthcenter@uni.edu
319-273-2009, SHC 016

SAFETY
UNI Public Safety
uni.edu/publicsafety

Office of Compliance and Equity Management
117 Gilchrist Hall
(319) 273-2846
equity@uni.edu

Dean of Students
https://deanofstudents.uni.edu
319-273-2332, 118 Gilchrist Hall

IN INVOLVEMENT
Student Involvement Center
uni.edu/involvement
Involvement@uni.edu
319-273-2683, MU

Department of Residence
uni.edu/dor
residence@uni.edu
319-273-2333, RDC 010

ACCESSIBILITY
Student Accessibility Services
https://sas.uni.edu
319-273-2677, 118 GIL

Academic Advising
academic-advising@uni.edu
(319) 273 - 3406, 007 ITTC

The Learning Center
319-273-6023
TheLearningCenter@uni.edu
Learning Commons,
Main Floor Rod Library

OTHER
Gender & Sexuality Services
uni.edu/deanofstudents/lgbt
lgbt@uni.edu
319-273-LGBT, MU Upper Level

Military and Veteran Student Services
uni.edu/military
military@uni.edu
319-273-3040, MU Upper Level

Center for Multicultural Education
https://cme.uni.edu/student-resources
(319) 273-2250, MU 109

Sexual Assault Support and Resources
https://safety.uni.edu/sexual-assault-support
(888) 557-0310

Panther Pantry
https://pantherpantry.uni.edu
MU lower level

UNI Employee Assistance Program (EAP)
https://hrs.uni.edu/mybenefits/eap
800-327-4692

Survivors of Sexual Assault Support Group
rachels@riverviewcenter.org

Eating Disorders Support Team
(319) 273-2009
**OFF CAMPUS RESOURCES**

### CRISIS

- **National Suicide Hotline**
  1-800-SUICIDE (1-800-784-2433)

- **Iowa Victim Services Call Center**
  1-800-770-1650 or text "IOWAHELP" to 20121
  http://www.survivorhelpline.org

- **24/7 Suicide Prevention Lifeline**
  National Suicide Prevention Lifeline 1-800-273-TALK (8255)
  Suicidepreventionlifeline.org

- **24/7 Crisis Text Line**
  Text HOME to 741741 about any type of crisis. A live, trained crisis counselor receives the text and responds quickly.

- **Statewide Crisis Line**
  1-800-332-4224
  The Foundation 2 Crisis Line is Certified by the American Association of Suicidology.

### OTHER RESOURCES

- **Amani Community Services**
  (319) 232-5660
  https://amanicommunityservices.com

- **Operation Threshold**
  (319) 291-2065
  www.operationthreshold.org/programs/black-hawk/

- **NAMI (National Alliance on Mental Illness)**
  (319) 235-5263
  namibh@qwestoffice.net

- **Child Care for Families Resource & Referral (CCF&R)**
  1 800 475 0804
  www.Iowaccrr.org

- **Love INC. of the Cedar Valley**
  319 266 1264
  http://loveinccv.org

- **Black Hawk County Community Services**
  319 291 2624
  www.co.black-hawk.ia.us

- **Friends of the Family: Emergency Safe Shelter**
  319 352 1108 or crisis line 800 410 7233
  www.fofia.org

- **Planned Parenthood**
  877 811 7526
  www.plannedparenthood.org/health-center/iowa/cedar-falls/50613/cedar-falls-center-2866-90380

### COUNSELING

- **Cedar Falls Counseling Associates**
  (319) 277-4383
  cedarfallscounselingassociates.com

- **Conditt Psychological Services**
  (319) 277-1020
  conditt.org

- **Lisa H-K Counseling**
  319-322-TALK (319-322-8255)
  lisahkcounseling.com

- **On Eagles Wings Counseling Services**
  319-215-0715
  eagleswingscounseling.com

- **Covenant Psychiatry Clinic**
  (319) 268-9700

- **Covenant Psychiatry Clinic**
  319-272-8922

*Signifies 24/7 response*