

## STUDENT HEALTH CENTER

- Routine health exams
  - General medical care
  - Psychiatric services
  - Women's health services
  - Lab testing
  - STD testing
- health.uni.edu*  
319-273-2009

## COUNSELING CENTER

- Group counseling
- Individual counseling
- Couples counseling
- Counselor on call, 8:00 am-4:30 pm.
- Call 319-273-2676 (after business hours, press option 2 to speak with a crisis counselor).  
*counseling.uni.edu*

**CALL 911 FOR  
ANY EMERGENCY**

## DEAN OF STUDENTS

- Assist students one-on-one with navigating problems and identifying resources to help students in need.
- Online form: "Seeking Student Assistance" at *deanofstudents.uni.edu*
- Other resources are available on campus and in the community.  
319-273-2332  
*deanofstudents.uni.edu*

## STUDENT WELLNESS CENTER

- **Wellness coaching:** Meet one-on-one with trained staff or graduate student to use strengths to meet goals.
- **Intuitive eating consultation:** Create a healthy relationship with your food, body and mind.
- **Alcohol and other drug (AOD) preventative and educational services:** For help and support, visit *aodeducation.uni.edu* or email *wellness@uni.edu*.  
*studentwellness.uni.edu*  
319-273-3423

## HELP IS ALL AROUND YOU



## UNI POLICE

319-273-2712

## CRISIS HOTLINE

- **Text Lines:** 24/7 text line with a counselor to provide crisis support and referrals. Text HELP to 741741. Feeling depressed? Get free help now! Text CONNECT to 741741.
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- **Iowa Victim Service Call Center:** 24/7 free and confidential assistance of victims of any violent crime. 1-800-770-1650. Text *iowahelp* to 20121.
- **Veterans Crisis Line:** Connects Veterans in crisis and their families and friends with Department of Veterans Affairs responders. 1-800-273-8255. Text 838255.
- **TrevorLifeline:** Trained counselors provide 24/7 support for LGBTQ+ individuals in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk. 1-866-488-7386.
- **Trans Lifeline:** A hotline staffed by volunteers who are ready to respond to the needs of the trans community. 1-877-565-8860.

## SEXUAL MISCONDUCT RESOURCES

- UNI encourages those who have experienced any form of sexual assault or harassment to report the incident to a University Title IX Officer or Deputy Coordinator.  
319-273-2846  
*safety.uni.edu*
- **Riverview:** Care for those affected by sexual assault. 24/7 hotline, support group counseling, medical and legal advocacy, and prevention education.  
1-888-557-0310  
*www.riverviewcenter.org*

**Take advantage of each resource by flipping the page to determine your next steps. ►**

## My Next Steps Will Be...

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