



**PANTHER CARE**  
NAVIGATE YOUR WAY TO MENTAL WELLNESS

# PANTHER CARE RESOURCES

## Self Guided Learning

- Apps
  - [Finch](#): Self Care
  - TELUS
  - [Calm](#)
  - [Daylio](#): Mood Tracker
  - [notOK](#)
  - [I Am Sober](#)
  - [Recovery Record](#): Recovering from Disorder Eating
  - [Reframe](#): Education on Alcohol Reduction
- Podcasts
  - [The Happiness Lab](#)
  - [The Psychology of Your 20s](#)
  - Mental Health University
  - [Moments of Mindfulness](#)
  - [The Science of Happiness](#)
- Websties
  - [JED Foundations](#)
  - [Mental Health is Health](#)
  - [The Mental Health Coalition](#)
  - [NAMI](#)
  - [American Foundation for Suicide](#)
  - [The Trevor Project](#)
  - [Man Therapy](#)
  - [SMART Recovery](#)
- Screenings
  - [Mental Health America Screenings](#)

## Skill Development

Register for workshops through UNI Student Wellness and Counseling Services [here](#).

- Your Wheel to Wellness
- Coping with Stress
- Thriving Minds: A Workshop for Mental Wellbeing
- Sharpen Your Focus: A Practical Toolbox for Growth & Success
- Gratitude & Self Compassion
- Men and Mental Health
- QPR: Suicide Prevention

Additional Skill Development Programs

- The Learning Center [Academic Workshops](#)
- [Green Dot](#): Gender Violence Prevention
- [Green Zone Training](#): Learn more about military affiliated students

# Peer Connection

- [Let's Talk](#)
- [Success Coaches](#)
- [Student Involvement](#)
- [Intramural/ Sports Clubs](#)
- [The Learning Center](#)

## Additional Involvement Opportunities

- [Office of Student Involvement](#)
- [Fraternity and Sorority Life](#)
- [Student Organizations](#)
- [Student Government](#)
- [Volunteer Center of Cedar Valley](#)
- [Cat Crew](#)

# Individualized Support

- [Student Care with Dean of Students](#)
- [Student Accessibility Services](#)
- [Wellness Coaching with Student Wellness Services](#)
- [Office of Civil Rights Compliance](#)
- [Substance Use Support](#)
- [Panther Pantry](#)
- [Academic Advising](#)
- [Success & Retention](#)
- [YourLifelowa](#)

# Professional Support

- [Student Health Clinic](#)
- [Counseling Services](#)
- [Psychiatric Care](#)
- [Dietitian Services, House & Dining](#)
- [UnityPoint Mental Health Walk-In Clinic](#)
- [Find a Therapist](#) in the Community that suits your needs

# Immediate Care

- Walk-in appointments available at the Counseling Center: M-F 8:00 am to 4:30 pm
- Hospital ER's: [UnityPoint-Allen](#), [Mercy One- Cedar Falls](#), [Mercy One- Waterloo](#)
- 988 Suicide & Crisis Lifeline Call or Text
- TELUS App
- 911
- [Elevate Mobile Crisis Team](#)