CALL 911 FOR ANY EMERGENCY

UNI POLICE 319-273-2712

OH

RISIS

Provides wellness programs for self care, stress management, sleep, sexual health and more Wellness coaching: Meet one-on-one with trained staff or a graduate student to use your personal strengths to meet goals Alcohol and other drug (AOD) preventative and educational services

DENT WELLN

Email: wellness@uni.edu 319-273-3423 studentwellness.uni.edu

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Office of the Dean of Students assists students one-on-one with navigating problems and identifying resources to help students in need. • Online form: "Connect a Student to Care" at deanofstudents.uni.edu · Other resources are available on NACC campus and in the community.

UDENT CARE

319-273-2332 deanofstudents.uni.edu

EALTH

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SELING

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NONO UNI encourages those who hav 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

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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

UPL MISCOND

support are all around your student

Circles of

UDEN

STUDEN

Get free, confidential mental health and wellbeing support 24/7 with the Student Support App Download the TELUS Health Student Support app for

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TELU

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RISIS HOTLINE

· Lifeline: Dial 988

· Crisis Text Line: Text HOME to 741741

 Iowa Victim Service Call Center: 24/7 for victims of any violent crime call

1-800-770-1650 or text IOWAHELP to 20121

· Veterans Crisis Line: Dial 988 then press 1

or text 838255 • Trevor Lifeline: for LGBTQ+ individuals in

crisis call 1-866-488-7386 or text START to

678678

• Trans Lifeline: staffed by volunteers for the trans community call 1-877-565-8860

• Your Life lowa: call 1-855-581-8111 or text 855-895-8398

• TELUS: call 319-273-2676, press option 2

E * CRISIS HOFL

or open TELUS app

 Individual counseling • Daily walk-in appointments Group & couples counseling • Psychiatric services Let's Talk-Daily Peer Support TELUS Health Student Support app Care coordination · Alpha Stim

> 319-273-2676 counseling.uni.edu

COUNSELING CENTER

CINI · Routine health exams/physicals Medical care including illness/injury Sexual health services • Travel consultations Lab testing • STI testing UDENT Allergy injections/immunizations • Free STI testing through Black Hawk County Health Department

STUDENT HEAL

319-273-2009 health.uni.edu HONYS * DINITO HITVAR



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