OTHER SOURCES OF INFORMATION and SUPPORT

General University Support Services

Unsafe Situation on Iowa City Campus
UI Police 335-5022; Threat Assessment & Care Team 335-5022

Sexual Misconduct, Dating Violence & Stalking
https://osmrc.uiowa.edu/
450 Van Allen Hall, 335-6200

The University of Iowa Graduate College
https://www.grad.uiowa.edu/
205 Gilmore Hall, 335-2144

Graduate Diversity and Inclusion
https://www.grad.uiowa.edu/diversity
422 Gilmore Hall, 353-2584

Graduate Student Senate
https://gss.grad.uiowa.edu/home
Located at 205 Gilmore Hall, 335-3260. This office houses the elected body through which graduate students express concern for their welfare at the University, develop and disseminate ideas for the improvement of graduate education, and contribute to the formation of general University policy.

Student Life at Iowa
https://studentlife.uiowa.edu/
249 Iowa Memorial Union, 335-3557

International Student and Scholar Services, including Study Abroad
https://international.uiowa.edu/isss
1111 University Capitol Centre, 335-0335

Student Disability Services (SDS)
https://sds.studentlife.uiowa.edu/
3105 Burge Hall, 335-1462
335-1498 (text telephone)

Center for Diversity and Enrichment
https://diversity.uiowa.edu/cde
2750 University Capitol Centre, 335-3555

The Office of Equal Opportunity and Diversity
https://diversity.uiowa.edu/eod
Located at 202 Jessup Hall, 335-0705 The Office of Equal Opportunity and Diversity supports and enhances the University’s commitment to recruiting and retaining a diverse academic community of faculty, staff, and students in two inextricably linked ways: 1) providing expert advice, education, and services which ensure the University's compliance with all applicable federal, state, and University equal opportunity, affirmative action, nondiscrimination, and civil rights laws, regulations, and policies; and 2) providing leadership and resources that support the University’s goal to foster a diverse and inclusive University community.

Office of the University Ombudsperson
https://ombudsperson.org.uiowa.edu/
Located at C108 Seashore Hall, 335-3608 The Office of the Ombudsperson serves students, faculty and staff and offers
informal resolution, mediation and/or negotiation to constituents. Ideally, the Office exists to prevent conflicts from escalating beyond the ability of clients to resolve them informally.

### Student Life Cultural Centers

**Afro-American Cultural Center**  
https://multicultural.uiowa.edu/centers/african-american/  
303 Melrose Ave, 335-8296

**Latino-Native American Cultural Center**  
https://multicultural.uiowa.edu/culturalcenters/lnacc/  
308 Melrose Ave, 335-8298

**The Asian Pacific American Cultural Center (APACC)**  
https://multicultural.uiowa.edu/culturalcenters/apacc/  
223 Lucon Dr., 335-2719

**Lesbian, Gay, Bisexual, Transgender & Queer (LGBTQ) Community**  
https://diversity.uiowa.edu/community/lgbtq-community  
Pride Alliance Center 125 Grand Avenue C, 335-7123

**Women’s Resource and Action Center (WRAC)**  
https://wrac.uiowa.edu/  
Bowman House, 230 N. Clinton St., 335-1486

### Academic & Career Development Services

**Community Based Volunteer Opportunities**  
https://careers.uiowa.edu/students/volunteer

**Career Exploration & Planning, Graduate College**  
https://www.grad.uiowa.edu/professional-development/career-exploration-planning

**International Volunteer Opportunities**  
https://international.uiowa.edu/peace-corps

**Writing Center**  
https://writingcenter.uiowa.edu/  
110 EPB, 335-0188

**Speaking Center**  
https://speakingcenter.uiowa.edu/  
153 EPB, 335-0205

### Health and Mental Health Services

**Mental Health at Iowa**  
https://mentalhealth.uiowa.edu/

**University Health Services**  
https://studenthealth.uiowa.edu/  
4189 Westlawn, 335-8370

**Student Wellness Services – Most Services are Free**  
https://studentwellness.uiowa.edu/
Wellness Services offer individually tailored, one-on-one consultations in the areas of:

- Alcohol and Other Drug Support [https://studentwellness.uiowa.edu/appointments/alcohol-drugs/](https://studentwellness.uiowa.edu/appointments/alcohol-drugs/)
- Fitness [https://studentwellness.uiowa.edu/appointments/fitness/](https://studentwellness.uiowa.edu/appointments/fitness/)
- Nutrition [https://studentwellness.uiowa.edu/appointments/nutrition/](https://studentwellness.uiowa.edu/appointments/nutrition/)
- Sleep [https://studentwellness.uiowa.edu/programs/refresh/](https://studentwellness.uiowa.edu/programs/refresh/)
- Stress Management [https://studentwellness.uiowa.edu/appointments/stress/](https://studentwellness.uiowa.edu/appointments/stress/)
- Tobacco and E-Cigarette Support [https://studentwellness.uiowa.edu/appointments/tobacco/](https://studentwellness.uiowa.edu/appointments/tobacco/)
- **Weight Management Clinic** – Most consultations are free. Call 335-8394 (Westlawn) & 353-2973 (Campus Recreation & Wellness Center-fitness only)

**Mindfulness Workshops and Courses**

- **Mindfulness-Based Stress Reduction (MBSR) and Other Programs.** [https://uihc.org/mindfulness-programs](https://uihc.org/mindfulness-programs) - See website for dates, locations and cost. 45% off for students: $250.00; general price: $450. Must attend information session prior to enrollment. MBSR is an eight-week program that assists people who want to learn to use their own internal resources to respond more skillfully to stress, medical, and psychological conditions, and promote healthy living.
- **Mindfulness-Based Stress Reduction (MBSR) – For Course Credit.** A course is also available through the College of Education for credit hours.
- **Mindfulness-Based Cognitive Therapy (MBCT) for Prevention of Depression Relapse.** (319) 384-5089; Email: mindfulness@uiowa.edu; [https://uihc.org/mindfulness-based-cognitive-therapy-mbct-prevention-depression-relapse](https://uihc.org/mindfulness-based-cognitive-therapy-mbct-prevention-depression-relapse)

**Student Care and Assistance Program** [https://dos.uiowa.edu/assistance/](https://dos.uiowa.edu/assistance/)
319-335-1162
Student Care & Assistance provides assistance to University of Iowa students experiencing crisis and emergency situations.

**UI Collegiate Recovery Program**
319 335-3557 For more information, visit [https://vp.studentlife.uiowa.edu/priorities/alcohol-harm-reduction/recovery](https://vp.studentlife.uiowa.edu/priorities/alcohol-harm-reduction/recovery) or email UI-CRP@uiowa.edu

**University Counseling Service**
(319) 335-7294; [https://counseling.uiowa.edu](https://counseling.uiowa.edu) For an emergency, call 911 or 335-7294
8 a.m. to 5 p.m., Monday through Friday. It may take up to two weeks to meet with a counselor.
Westside Location: 3223 Westlawn S., Iowa City, IA 52242
Eastside Location: University Capitol Centre, Suite 1950

**CommUnity** (formerly the Crisis Center of Johnson County)
Crisis call: 1-855-325-4296
Iowa Crisis Chat: [https://www.iowacrisischat.org/](https://www.iowacrisischat.org/)

**Lifeline**
Crisis call: 1-800-273-8255
National Crisis Chat: [https://suicidepreventionlifeline.org/chat/](https://suicidepreventionlifeline.org/chat/)

**Financial Support**

**Diversity Tuition Scholarships** – Includes first generation college students
Grad College, 207 Calvin Hall, 335-2143 [https://www.grad.uiowa.edu/funding/fellowship/internal/diversity](https://www.grad.uiowa.edu/funding/fellowship/internal/diversity)

**The Office of Student Financial Aid**
2400 University Capitol Centre, 335-1450 [https://financialaid.uiowa.edu/graduate](https://financialaid.uiowa.edu/graduate)
SSW Scholarships, Awards, & Financial Aid
https://clas.uiowa.edu/socialwork/graduate-program/scholarships-awards-financial-aid

Food and Housing Insecurity, Legal Services & Child Care Services

Basic Needs Hub
https://basicneeds.uiowa.edu/resources/

University Food Pantry
(319) 335-3059 https://leadandserve.uiowa.edu/organizations/food-pantry/

Hawkeye Meal Share
(319) 335-1162 https://dos.uiowa.edu/assistance/meal-share/

CommUnity Food Bank
(319) 351-0128; https://builtbycommunity.org/foodbank/
1121 S. Gilbert Court, Iowa City

UISG Renter’s Guide
https://uisg.uiowa.edu/student-services/renters-guide/

Student Legal Services
https://legal.studentlife.uiowa.edu/
157 IMU, 335-3276. This office provides general legal assistance for students by law students who are under the close supervision of a licensed attorney. For a nominal fee, legal representation can be secured for anything from tenant-landlord disputes to small claims to criminal problems.

University Human Resources Child Care Subsidy Program for Student Families
121-50 USB, 319 335-3558 https://hr.uiowa.edu/well-being/family-services/child-care/subsidy-program-student-families
and maybe exam week childcare:
https://hr.uiowa.edu/well-being/family-services/child-care/student-parent-resources/exams-child-care-program