



MIZZOU HILLEL'S

PHYSICAL
AND MENTAL
HEALTH
RESOURCES

EST. 2021

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Basic Resources

Campus Emergency Resources

Counseling Center Crisis Support: 573-882-6601

Campus Safety: (573)882-7201

Local Hospital: University Hospital @ (573)-882-8091

State and Local Resources

Mid-Mo Crisis Line: 573-445-5035

Missouri Crisis Line: 1-888-761-HELP (4357) or Text HAND to 839863

Local LGBT Community Resource: The Center Project 573-449-1188 or
info@thecenterproject.org

Local Sexual Assault/ Dating Abuse Resources: TrueNorth 573-875-1370 or
info@truenorthofcolumbia.org

National Resources

NATIONAL CRISIS HOTLINES

Crisis Text Line (national): text HOME to 741741

TrevorText (LGBTQ suicide prevention): text START to 678678

National Suicide Prevention Lifeline: 800.273.8255

National Sexual Assault Hotline: 800.656.4673

National Domestic Violence Hotline: 800.799.7233

RAINN (Rape, Abuse, & Incest) National Hotline: 1-800-656-HOPE (4673)

Mental Health Resources

MU Counseling Center

119 Parker Hall

Columbia, MO 65211

573-882-6601

- Confidential resource.
- Crisis and consultation support in person during normal business hours and by phone 24 hours a day.
- Classes, groups, brief individual therapy; consultation, workshops and campus support.

Counseling Center FAQs

Cost of on-campus counseling? Free

How long does it take to get an appointment? Less than a month

How close is your campus counseling center? Walkable from all dorms and Hillel

Does the counseling center offer support groups? Yes, virtually

Does the counseling center offer 1:1 counseling? Yes, virtually and in-person

Psychological Services Clinic

211 S. Eighth St.

Columbia, MO 65211

573-882-4677

- Confidential resource.
- Group, couple and individual therapy consultation.
- No crisis or immediate services.
- Behavior assessment, intellectual and psychological testing for children, adolescents and adults.

Student Health & Well-Being

2202 MU Student Center

Columbia, MO 65211

573-882-0157

- We recognize that overall physical and mental health are vital to student success. The University of Missouri is committed to supporting student health and well-being through an integrated network of care that includes the Counseling Center, Student Health Center and Wellness Resource Center. We strive to assist students by prioritizing health-related services and resources to support academic success.

Missouri Psychiatric Center

3 Hospital Drive

Columbia, MO 65212

573-884-1300

- Mental health providers are a confidential resource.
- Short term, intensive inpatient treatment services.
- Emergency room assessment unit to help with crisis stabilization.

Alcohol and Drug Addiction Resources

Alcoholics Anonymous

573-442-4424

Marijuana eCheckup to Go

Via MU Wellness Resource Center

Narcotics Anonymous

1-800-945-HOPE (4673)

Sober in College

573-882-4623

Physical Health Resources

Student Health Center

1020 Hitt St.

Columbia, MO 65212

573-882-7481

- Medical providers are a confidential resource.
- Medical assistance for MU students by appointment (including STI testing).
- Some services covered by MU Student Health Fee.

University Hospital Emergency Services

1 Hospital Drive

Columbia, MO 65212

573-882-8091

- Sexual Assault Nurse Examiner (SANE) Clinic at University Hospital.
- Open 24 hours a day, 7 days a week.

RAIN of Central Missouri

1123 Wilkes Boulevard, Suite 250

Columbia, MO 65201

573-875-8687 or 800-785-2437

- Confidential resource.
- STI testing and resource referral provided for free, by appointment.

ADA/Disabilities Resources

Office of Accessibility & ADA

Division of Inclusion, Diversity & Equity

103 Heinkel Building

Columbia, MO 65211

573-884-7278

- Promotes and sustains an accessible community at Mizzou where people with disabilities have an equal opportunity to participate in all aspects of our campus.
- Reporting of accessibility issues.
- Provides training and/or evaluations.

Disability Center

Division of Student Affairs

S5 Memorial Union

Columbia, MO 65211

573-882-4696

- Provides accommodations for **students**.

Accessible Computing Technology (ACT) Center

Division of Information Technology (DoIT)

615 Locust St.

Columbia, MO 65211

573-882-5000

- Provides assistive technology, alternative formats, digital accessibility guidance and ergonomics consultations.

**Sexual Assault Prevention, Title IX
& Social Justice Resources**

MU Relationship and Sexual Violence Prevention (RSVP) Center

G216 MU Student Center

573-882-6638

The RSVP Center provides confidential response services, basic crisis intervention, ongoing case management and advocacy.

- Confidential resource.
- Appointments and walk-in services 8 a.m. to 4:30 p.m.
- Services offered free of charge.
- Available to all students, faculty and staff.

True North

PO Box 1367

Columbia, MO 65205

573-875-1370 or 1-800-548-2480

- Confidential resource.
- Provides 24/7 crisis services, advocacy and safe shelter for Boone County, Missouri.
- All services are free for qualified individuals.

MUPD Rape Aggression Defense (RAD)

573-882-5927 or 1-800-548-2480

- Course is offered free of charge.
- Classroom instruction and hands-on self defense practice with certified instructors.
- Advanced RAD, RAD Aerosol/Keychain Defense, and Weapons Defense Class also available.

Office for Civil Rights & Title IX

202 Jesse Hall and 145 Heinkel Building

573-882-3880

civilrights-titleix@missouri.edu

- enforces the university's non-discrimination policies
- educates the community about our policies and practices
- connects people to resources that can support them if they experience discrimination or retaliation
- listens to the concerns of the campus community

If you experience, witness or hear about any form of discrimination or retaliation, you can make a report. We will contact you, discuss your options and rights, and can investigate whether university policies were violated.

If you are concerned about confidentiality or don't want an investigation, we will discuss any concerns that you might have.

We investigate all forms of sex-based violence including sexual misconduct, dating or intimate partner violence, stalking, sexual exploitation, or invasion of sexual privacy. Our office also investigates the use of racial or ethnic slurs to harass or intimidate. This type of conduct may violate the non-discrimination policy and/or the Student Standard of Conduct or Human Resources policies.

Social Justice Centers: **Gaines/Oldham Black Culture Center**

813 Virginia Ave.

(573) 882-2664

- The GOBCC is dedicated to providing social and educational programs that reflect the history, heritage and culture of the African Diaspora to all students, faculty, staff and the Mid-Missouri community.
- The GOBCC is a willing partner with entities endeavoring to make the University of Missouri a more inclusive and welcoming environment for diverse populations through education, outreach, and collaboration.
- the GOBCC envisions itself as an instrument of orientation and instruction on the issues of race, politics, economics, community, art and culture of the African Diaspora.

LGBTQ Resource Center (Lesbian, Gay, Bisexual, Transgender, Queer)

G225 MU Student Center

(573) 884-7750

lgbtq@missouri.edu

LGBTQ Resource Center Mission Statement

The LGBTQ Resource Center works to foster a welcoming and inclusive environment for Mizzou community members with a focus on queer and transgender students. Serving as a campus and community resource, we accomplish our mission through the development of healthy communities, strategic partnerships, and leadership and identity development within a culture of celebration and inclusion.

Center Goals:

- Develop and support positive and healthy communities that validate and celebrate LGBTQ identities and their intersections
 - Serve as a source of information, awareness, and resources for the University, Columbia, and Mid-Missouri on LGBTQ identity, culture, and issues.
 - Develop strategic partnerships which support the development of practices and policies that enhances the recruitment, retention, and graduation of LGBTQ Students
 - Support students in their development of skills, knowledge, and awareness of the world around them enabling them to create positive and intentional social change.
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Multicultural Center (MCC)

G107 MU Student Center
(573) 882-7152
multiculturalcenter@missouri.edu

The MU Multicultural Center wants you to know that *our home, is your home*. We are proud to be a safe and comfortable space for students of all identities and backgrounds. As a place for identity exploration and reclamation, the Center truly works to address the needs of underrepresented populations, providing a safe outlet and home away from home.

- A comfortable lounge and work spaces for all Mizzou students, that can also be reserved for meetings and events or programs.
- We house the Diversity Peer Educators, offering Diversity facilitation or presentations for any group by request.
- Every fall we co-sponsor UnificAsian and Latino Student Orientation with AAA (Asian American Association) and ALAS (Association of Latin@ American Students) to welcome Asian American and Latin@ students to MU.
- We provide support to a variety of organizations serving underrepresented populations such as, Association of Latin@ American Students and its affiliate groups, Asian American Association and its affiliate groups, and all organizations within the Four Front Council.

Women's Center

G108, MU Student Center
(573) 882-6621
MUWomensCenter@missouri.edu

The MU Women's Center welcomes students, staff, faculty, and members of our local community. The Center provides opportunities for learning, service, and support. Our Center is open to everyone.

The WC continues to provide advising, support, and meeting space to student orgs and programs. The Center is ever-evolving to create safe spaces for all our tiger family. We look forward to making more herstory here at Mizzou.
