

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/iss>

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/>

4189 Westlawn South, 319 335-8394

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/>
- Fitness <https://studentwellness.uiowa.edu/appointments/fitness/>
- Nutrition <https://studentwellness.uiowa.edu/appointments/nutrition/>
- Sleep <https://studentwellness.uiowa.edu/programs/refresh/>
- Stress Management <https://studentwellness.uiowa.edu/appointments/stress/>
- Tobacco and E-Cigarette Support <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> - 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>

Student Care and Assistance Program

<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> or email UI-CRP@uiowa.edu

University Counseling Service

(319) 335-7294; <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/>

Lifeline

Crisis call: 1-800-273-8255

National Crisis 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>

The Office of Student Financial Aid

2400 University Capitol Centre, 335-1450 <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>