

CAMPUS RESOURCES

COUNSELING

- SHC Mental Health Clinic (573) 882-1483
- Assessment & Consultation Clinic (573) 882-5092
- MU Counseling Center (573) 882-6601
- Student Success Center/Career Center (573) 882-6801
- Women's Center (573) 882-6621



COMMUNITY MENTAL HEALTH RESOURCES

- Boone Hospital Intensive Outpatient
Cognitive-Behavioral Programs (573) 815-3740
- Burrell Behavioral Health (573) 777-7500
- Center for Family and
Individual Counseling (573) 446-5034
- Family Counseling Center (573) 449-2581
- Green Meadows Mental Health
Services and Psychiatry (573) 882-2511
- Human Dynamics, Inc. (573) 446-6290
- Psychological Services Clinic (573) 882-4677
(Provides sliding scale fee)

SUPPORT

- Disability Services Office (573) 882-4696
(TTY) (573) 882-8054
- Gaines/Oldham Black Culture Center (573) 882-2664
- International Center (573) 882-6007
- Lesbian, Gay, Bisexual, Transgender,
Queer Resource Center (LGBTQ) (573) 884-7750
- Office of Multicultural Affairs (573) 882-7152
- Rape Education Office (573) 882-6638
- Wellness Center/ADAPT
(Alcohol & Drug Prevention Team) (573) 882-4634

ALCOHOL AND SUBSTANCE ABUSE

- SHC Mental Health Clinic (573) 882-1483
- Drugs, Alcohol & Tobacco Assessment & Assistance (DATA)
Walk-In Clinic Tuesdays, 2-4pm (573) 882-1483
- Alcoholics Anonymous, Columbia (573) 442-4424
<http://aa.columbia.missouri.org/>
- The Crossroads Program (636) 532-9991
Chesterfield, MO
- McCambridge Center (573) 449-3953
Residential & Outpatient Treatment for Women
- MU Wellness Resource Center (573) 882-4634
- Narcotics Anonymous, Mid-Missouri 800-945-HOPE
www.midmissourina.org
- Phoenix Programs (573) 442-7026
Residential Treatment for Men
Partial Day Treatment
Individual, Couples & Family Counseling
- Valley Hope Alcohol & Drug Treatment .. 800-544-5101
Boonville, MO

CRISIS SERVICES

- 24-Hour Nurse Line (SHC after hours) .. (573) 882-7481
- 24-Hour Crisis Hotline 800-395-2132
- America's Pregnancy Helpline 888-672-2296
- Boone County Sheriff (573) 875-1111
- Boone Hospital Emergency Center (573) 815-3501
- Burrell Behavioral Health (573) 777-7500
- Columbia Police (573) 442-6131
- Emergency Services 911
- Mid-Missouri 24-Hour Crisis Line (573) 445-5035
- Missouri Child Abuse Hotline 800-392-3738
- MU Counseling Center Crisis (573) 882-6601
- MU Psychiatric Center (MUPC) (573) 884-1300
- University Hospital & Clinics (ER) (573) 882-8091
- University of Missouri Police (573) 882-7201
- Women's Shelter (573) 875-1370

If there is any concern of suicide,

- dial 911,
- go to the nearest emergency room (on campus,
go to the University Hospital Emergency Room),
- contact the MU Police Department at
(573) 882-7201.

WEBSITES

MENTAL HEALTH ON-LINE SCREENING

- For screening of mental health concerns:
 - 1) Go to the Student Health Center's website:
studenthealth.missouri.edu
 - 2) Click on "Mental Health" under services
 - 3) Click on "External Resources."

MENTAL HEALTH INFORMATION & SUPPORT

- **Nami.org**
National Alliance on Mental Illness
- **ULifeline.org**
This website gives you access to mental health and drug information libraries, interactive questions and answers and diagnostic screening tests.

ALCOHOL /SUBSTANCE USE

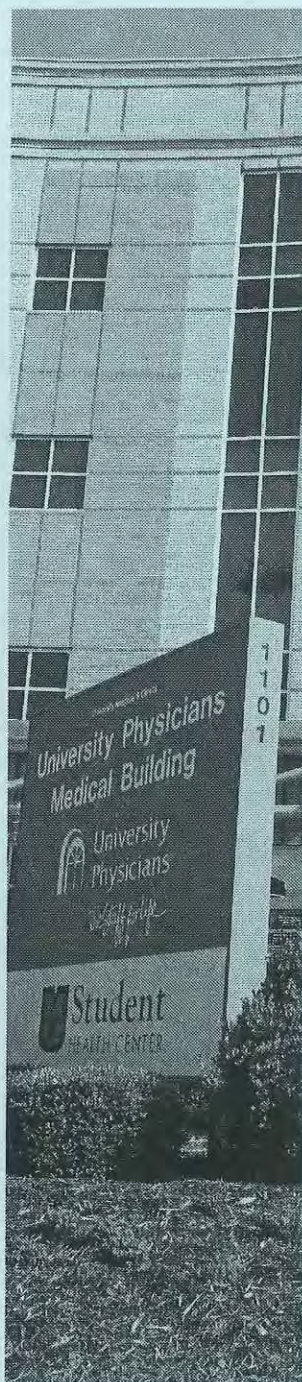
- **DATA Walk-In Clinic**
studenthealth.missouri.edu/DATA
- **E-Chug**
wellness.missouri.edu

STRESS MANAGEMENT

- **Stress Management Center**
studenthealth.missouri.edu/HP/stress
- **Mindfulness Practice Center**
umssystem.edu/ums/curators/wellness/mindfulness/

GENERAL HEALTH INFORMATION

<http://medlineplus.gov>



STUDENT HEALTH CENTER

APPOINTMENTS ONLY

Call (573) 882-7481

HOURS OF OPERATION

- **Monday - Friday**
8 am - 5 pm
- **except Wednesday**
9 am - 5 pm
- **Closed daily** from
11:45 am - 12:45 pm &
official University holidays
- **make appointments**
during lunch hour by
calling (573) 882-7481

LOCATION

4th floor University
Physicians Medical Bldg.
1101 Hospital Drive,
Columbia, MO 65212

REQUIRED DOCUMENTS

- Valid student i.d.
- Insurance card
(unless uninsured)

AFTER-HOURS

NURSE ASSISTANCE

Call (573) 882-7481

FOR MORE INFO

studenthealth.missouri.edu

Mental Health Resources

UNIVERSITY OF MISSOURI
& COMMUNITY