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

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.midmissouri.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
  umsystem.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