

# Mental Health Resource Guide



MINNESOTA  
STUDENT ASSOCIATION

LISTEN  
because mental health begins with you

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# Emergency Care

## 911

### Call 911

A phone line that connects callers with trained dispatchers who can direct emergency fire, medical, and police services.

## 24/7 Suicide Hotline Number

1-800-273-8255

A 24/7 hotline that provides free and confidential support for people in distress and resources for people facing mental health emergencies

## Mental Health Crisis Connection Line

Call (612)-301-4673 | Text "UMN" to 61222

Immediate assistance for mental health

## Walk in Clinics

Boynton East Bank | M, T, W, F 7:45AM - 4:30PM, Th 9:00AM - 4:30PM

Student Counseling Services | 340 Appleby Hall | M-F 9:00AM - 3:30PM

See a trained therapist/counselor for immediate care.

## Behavioral Consultation Team (BCT)

Call (612) 626-3030

The University of Minnesota's Behavioral Consultation Team (BCT) is a team of staff from several departments across the University with administrative, psychological, academic and legal expertise. The team operates within FERPA/HIPAA requirements. Its goal is to provide a coordinated response to situations arising from students who may represent a threat of harm to themselves or others.

# Counseling & Therapy

## Boynton

East Bank | M, T, W, F 7:45AM - 4:30PM, Th 9:00AM - 4:30PM

West Bank | M, T, W, F 7:45AM - 4:30PM, Th 9:00AM - 4:30PM, closed M-F from 12:45PM - 1:45PM

(612) 624-1444 | [bh-quest@umn.edu](mailto:bh-quest@umn.edu)

Boynton provides group or individual therapy regarding around any mental health topic. Students can have 11 therapy session every year. Students can also receive psychiatry services. For the first session expect a 15-20 minute consultation in order to be connected to the appropriate services. Boynton accepts insurance for services.

## Student Counseling Services (SCS)

(612) 624-3323 | [counseling.umn.edu](http://counseling.umn.edu)

340 Appleby Hall | Walk in 9:00AM - 3:30PM, Office M-F 8:00AM - 4:30PM

199 Coffey Hall | M-F 8:00AM - 4:30PM

SCS provides mental health counseling/therapy. SCS promotes student success by helping with mental health and life concerns. Students can have 15 appointments per year for individual counseling. Expect the first session to be a general session to determine what resources are best for you.

SCS can also work with students on case management, including setting up students with more long term care options through insurance or through nearby free services available to students who need them. SCS services are free for student service fee paying students (full time undergraduates).

## Student Counseling Services Groups

340 Appleby Hall | (612) 624-3323 | [counseling.umn.edu/groups](http://counseling.umn.edu/groups)

SCS groups and workshops can help students receive emotional support, gain multiple perspectives, decrease loneliness and isolation as well as talk to other students who have similar experiences and much more.

Students can go to an unlimited number of group sessions.

Past examples include, ISSS Cross Cultural Discussion, Dissertation and Thesis Support Groups, Grief Support Group, Survivor's Group, and Taking Charge when emotions overwhelm.

## **Learn to Live**

[mentalhealth.umn.edu](https://mentalhealth.umn.edu)

Confidential, free online programs to help with stress, depression, social anxiety and insomnia. These are meant to be a daily way to practice preventive care, or in addition to therapy, not as a replacement for therapy. Learn to Live is also available as a phone app.

## **Let's Talk**

[counseling.umn.edu/lets-talk](https://counseling.umn.edu/lets-talk)

Let's Talk is a program that provides informal drop-in consultations at locations around campus for U of M students throughout the academic year. No appointment is necessary. Let's Talk is not a substitute for formal counseling and does not constitute mental health treatment, but counselors can listen to specific problems, provide support, help explore solutions and give information about other resource.

## **Recovery on Campus (ROC)**

[roc@umn.edu](mailto:roc@umn.edu) | (612) 624-1940

**Boynton East Bank Room N-101 | Friday 3:30PM - 4:30PM**

ROC is a community of students in recovery from drug and alcohol use joined by friends who are allies in that journey. ROC helps you feel like you belong to a vibrant college social scene without the drinking or drugs.

# Stress Relief

## Boynton De-Stress

[boynton.umn.edu/de-stress](http://boynton.umn.edu/de-stress) | [destress@umn.edu](mailto:destress@umn.edu) | (612) 625-5917

De-stress has peer led stress check-ins designed for all students. Students can discuss their stressors and possible solutions and be connected students with resources.

## Make Time to PAWS

[boynton.umn.edu/paws](http://boynton.umn.edu/paws)

RecWell | Monday 12:00PM - 2:00PM

St. Paul Student Center | Tuesday 1:00PM - 3:00PM

Boynton East Bank | Wednesday 2:30PM - 4:30PM

West Bank, Locations Vary | Thursday 11:30AM - 1:30PM

PAWS (Pet Away Worry and Stress) features registered therapy animals including bunnies, dogs, chickens and more.

## Yoga and Tai Chi

Boynton East Bank

[boynton.umn.edu/events-classes/yoga-and-tai-chi-classes](http://boynton.umn.edu/events-classes/yoga-and-tai-chi-classes)

Relax with free yoga and tai chi classes! Space is limited so arrive early. Yoga or exercise mats are optional, and registration is not required.

## Massage Therapy

RecWell | [recwell.umn.edu/wellness/massage-therapy](http://recwell.umn.edu/wellness/massage-therapy)

Recwell provides professional massage a discounted rate as well as chair and Hydromassage®.

## Meditation & Prayer Spaces

17th Avenue and Comstock Residential Halls | [csh.umn.edu](http://csh.umn.edu)

University Housing and Residential Life is implementing prayer and meditation spaces into some of the residence halls.

# Pertinent Resources

## Aurora Center

[aurora.umn.edu](http://aurora.umn.edu) | (612) 626-2929 | Appleby Hall | M-F 8:00AM - 4:30PM

24/7 Helpline (612) 626-9111 | Text Line (612) 615-8911 (text "TALK")

The Aurora Center for Advocacy & Education provides a free and confidential space for students, faculty, staff, alumni, family members and friends affiliated with the University of Minnesota, Twin Cities or Augsburg University who are victims, survivors, or concerned people of sexual assault, relationship violence, or stalking. Additionally, The Aurora Center also provides workshops for campus groups.

## Center for Spirituality and Healing

[csh.umn.edu](http://csh.umn.edu) | [csh@umn.edu](mailto:csh@umn.edu) | Mayo C592 | (612) 624-9459

The University of Minnesota's Earl E. Bakken Center for Spirituality & Healing enriches health and wellbeing by providing exemplary interprofessional education, conducting rigorous research, delivering innovative engagement programs, and advancing innovative models of care. It is their vision to advance the health and wellbeing of individuals, organizations, and communities through integrative health and healing. There are many for credit courses within this department including.

## Student Conflict Resolution Center

254 Appleby Hall | M-F 8:30AM - 4:30PM | (612) 647-2727 | [sos@umn.edu](mailto:sos@umn.edu)

[sos.umn.edu](http://sos.umn.edu) | [sos.umn.edu/form](http://sos.umn.edu/form)

The Student Conflict Resolution Center offers informal and formal conflict resolution services to resolve students' university-based problems and concerns. An ombudsman provides confidential, impartial, and informal options. An advocate is available to assist students in formal grievance or disciplinary proceedings.

## Student Legal Services (SLS)

160 West Bank Skyway | M-F 8:00AM - 4:30PM | [usls.umn.edu](http://usls.umn.edu)

Student Legal Service offers legal advice and representation to Student Service Fee paying University of Minnesota-Twin Cities students. They also provide educational programming on legal issues to students, staff, faculty, and the community.

At SLS there are seven full time attorneys, two paralegals, two support staff, and two law clerks. SLS is an office just for U of M students, so they are able to focus our practice on the legal issues that are often unique to students.

## **Student Advocate Services**

270 Appleby Hall | M, T, Th 2:00PM - 3:30PM | (612) 624-1760

[studentadvocate.umn.edu](http://studentadvocate.umn.edu)

Advocates provide assistance to students who have been accused of or charged with violating the Student Conduct Code, University Housing policy, or other academic or conduct policies. For graduate or professional students facing dismissal or other hearings for academic standing, such as COSSS at the Medical School, an Advocate can help you through the process. Advocate services are free of charge for fee-paying students.

## **One Stop: Financial Wellness Counseling**

[onestop.umn.edu/finances/financial-wellness-counseling](http://onestop.umn.edu/finances/financial-wellness-counseling)

One stop has certified financial wellness counselors who are part of One Stop Student Services on topics regarding teaching money management, or answering questions about loans.

## **Credit Card Debt Counseling**

Boynton East Bank N-203 | (888) 577-2227

[boynton.umn.edu/student-wellness-services/credit-card-debt-counseling](http://boynton.umn.edu/student-wellness-services/credit-card-debt-counseling)

Boynton Health offers free, confidential financial counseling through LSS Financial Counseling. Meet with a certified financial counselor to create an action plan to reduce interest rates, make one monthly payment, and develop good credit score outcomes through a debt management plan.

# Academic Support

## Disability Resource Center (DRC)

[diversity.umn.edu/disability/home](http://diversity.umn.edu/disability/home)

180 McNamara Alumni Center | (612) 626-1333

The Disability Resource Center provides reasonable accommodations, education, and advocates for technological and physical access.

## Student Academic Success Services (SASS)

[sass.umn.edu](http://sass.umn.edu) | [sass@umn.edu](mailto:sass@umn.edu)

340 Appleby Hall | M-F 8:00AM - 4:30PM | (612) 624-3323

SASS holds services to help students succeed in an academic setting by tackling study methods, associated stress and offering courses for credit (under SCS). SASS can also help with faculty/staff student communication.

## Smart Learning Commons

[lib.umn.edu/smart](http://lib.umn.edu/smart)

Walter Library | M-F 8:00AM - 9:00PM, Sat 12:00PM - 5:00PM,  
Sun 12:00PM - 9:00PM

Wilson Library | M-F 9:00AM - 5:00PM, Sun 12:00 - 5:00PM

Magrath Library | M-F 10:00AM - 2:00PM

SLC provides peer tutors, peer research consultants, peer assisted learning and media services.

## Writing Center

[writing.umn.edu/sws](http://writing.umn.edu/sws)

10 Nicholson Hall | (612) 625-1893

9 Appleby Hall | (612) 626-1328

WC provides 40 minute writing consultations where a consultant can help develop specific strategies to tackle any writing assignment.



# Physical Health

## Boynton Health Service

[boynton.umn.edu/appointments](http://boynton.umn.edu/appointments) | (612) 625-8400

East Bank | M, T, W, F 7:45AM - 4:30PM, Th 9:00AM - 4:30PM

West Bank | M, T, W, F 7:45AM - 4:30PM, Th 9:00AM - 4:30PM, closed M-F from 12:45PM - 1:45PM

A clinic for University of Minnesota community members that provides affordable and accessible student wellness programs and health care services, including pharmacy, primary care, mental health, women's health, immunization, urgent care, dental care, eye care, physical therapy, and more. Boynton accepts insurance for services with specific services covered for some students through student service fees, like vaccines.

## Boynton 24/7 Nurse Line

(612) 625-7900

If you are unsure what type of service or medical care you might need, call the Boynton Health Nurse Line.

## Health Advocates

[sanem006@umn.edu](mailto:sanem006@umn.edu) | (612) 624-1940

Health Advocates are students who live in campus residence halls, apartments and fraternity and sorority houses. They help fellow students with health questions and concerns. They can connect you with campus resources and provide health items like cough drops or condom.

## Sexual Health Awareness and Disease Education (SHADE)

[safersex@umn.edu](mailto:sufersex@umn.edu) | (612) 625-5917

340 Appleby Hall | M-F 8:00AM - 4:30PM | (612) 624-3323

SHADE has trained student coordinators who offer tons of resources for good sexual health. Learn how to make your sexual relationships positive, healthy and safe.

# Cultural Centers

## Gender and Sexuality Center (GSC)

[gsc.umn.edu](http://gsc.umn.edu) | [gsc@umn.edu](mailto:gsc@umn.edu)

40 Appleby Hall | M-F 9:00AM - 5:00PM | (612) 625-0537

The Gender and Sexuality Center for Queer and Trans Life provides education, advocacy, outreach, and support to students, staff, faculty, alum and community members.

The GSC strives to create a campus climate where more inclusive understandings of gender and sexuality fosters a sense of belonging for all.

## International Student and Scholar Services (ISSS)

[iss.umn.edu](http://iss.umn.edu)

190 Hubert H. Humphrey School | (612) 626-7100

ISSS is an organization on campus dedicated to providing resources and support specifically for international students mainly around VISA and travel services.

## Multicultural Center for Academic Excellence (MCAE)

[mcae.umn.edu](http://mcae.umn.edu) | [mcae@umn.edu](mailto:mcae@umn.edu)

176 Appleby Hall | M-W 8:00AM - 6:00PM, Th 8:00AM - 9:00PM,  
F 8:00AM - 4:30PM

The Multicultural Center for Academic Excellence (MCAE) is a campus-wide resource that promotes an inclusive atmosphere to foster and enrich multicultural understanding among all members of the University of Minnesota community. MCAE's commitment to creating such a climate is driven by a student-first culture in which students are the highest priority.

# Nutrition

## **Student Nutrition Advocacy Coalition**

[boynton.umn.edu/snac](http://boynton.umn.edu/snac) | [snac@umn.edu](mailto:snac@umn.edu) | (612) 301-2248

Boynton East Bank N-11

SNAC can help students evaluate their body composition and current eating to create a healthier plan through 45 minute check ups. Campus groups can also request a speaker for events.

## **Cooking for Wellness**

[hfhl.umn.edu/promoting-education/cooking-wellness](http://hfhl.umn.edu/promoting-education/cooking-wellness)

[scho0040@umn.edu](mailto:scho0040@umn.edu) | (612) 625-8693

Cooking courses taught by culinary educators from the basics to more creative courses.