# TABLE OF CONTENTS

1. INTRODUCTION
2. FINANCIAL ASSISTANCE
3. FOOD/NUTRITION RESOURCES
4. ACADEMIC RESOURCES
5. MENTAL HEALTH SUPPORT
6. SUBSTANCE ABUSE RESOURCES
7. SEXUAL ASSAULT/VIOLENCE PREVENTION
INTRODUCTION

OBJECTIVE
Asking for help can be difficult. Knowing where to turn to for help can be even more challenging. Undergraduate Student Government (USG) has compiled a number of resources available to you through the community and University of Iowa. These resources span many areas from financial assistance to substance abuse resources.

Remember: it is okay to ask for help.

NAVIGATION
See a resource that you want to learn more about? Click on the name of that resource or any links throughout the document, and you will be directed to the appropriate website. Take some time to familiarize yourself with the resources available to you. Share this document with your friends and peers so that they can also learn more about where to find help.

LOOKING FOR MORE?
You may be facing a situation that requires a resource not listed in this guide. If you are experiencing crisis or emergency situations and don’t know who to turn to, visit Student Care & Assistance

website: dos.uiowa.edu/assistance
email: dos-assistance@uiowa.edu
phone: 319-335-1162
FINANCIAL ASSISTANCE

UNITED WAY OF JOHNSON AND WASHINGTON COUNTIES COMMUNITY DISASTER RELIEF FUND
319-259-9218
Emergency assistance for households impacted by COVID-19.

BASIC NEEDS PROGRAM - COMMUNITY CRISIS SERVICES AND FOOD BANK
319-351-0128
Emergency financial assistance available for a variety of needs, including housing and utilities, work-enabling items to start a new job, assistance paying for identification, small prescription assistance, and eye exam/eyeglasses assistance.

GENERAL ASSISTANCE - JOHNSON COUNTY SOCIAL SERVICES
319-356-6090
Provides short-term monetary help to Johnson County residents in extreme financial crisis. Offers a safety net for those not eligible for other government programs. Financial assistance is available to address the following needs: rent, utilities, provisions, prescriptions and funeral expenses.

HACAP - LIHEAP
319-739-0100
Low Income Home Energy Assistance Program—Financial assistance with home heating bills for income eligible households.

HIGHER EDUCATION EMERGENCY RELIEF FUND (HEERF)
Funds distributed by the University of Iowa to assist with any component of your cost of attendance or any emergency costs resulting from COVID-19.
FOOD/NUTRITION RESOURCES

Some resources offer free meal services. See websites for more details.

CommUnity CRISIS SERVICES AND FOOD BANK
1121 S Gilbert Court, Iowa City, IA 52240
319-351-0128
MON, WED, FRI 12PM - 4:30PM, TUE 12PM - 7PM, THU 9:30AM - 4:30PM, SAT 9:30AM - 2PM

IC COMPASSION FOOD PANTRY
1035 Wade St., Iowa City, IA 52240
319-330-9883
MON 11AM - 1PM, WED 12PM - 4PM, THU 5:30PM - 7PM
Includes transportation assistance

FOOD PANTRY AT IOWA
125 N Madison Street Room 209, Iowa City, IA 52245
See website for up-to-date hours.

SALVATION ARMY FOOD SHELF
1116 S Gilbert Court, Iowa City, IA 52240
319-337-3725
SUN-FRI 1PM - 2PM

JOHNSON COUNTY EMERGENCY FOOD DELIVERY
319-519-6165
Call MON-FRI, 9am - 5pm to request delivery
SUPPLEMENTAL INSTRUCTION
A free resource that helps you learn how to be successful in your course

TRIO STUDENT SUPPORT SERVICES
Student services focused on supporting First-Gen Low Income and students with disabilities

MATH TUTORIAL LAB
Provides students with 1:1 help from tutors ready to answer questions in most math courses

SUCCESS IN RHETORIC
Get help with papers, speeches, projects, or anything else related to RHET classes

THE WRITING CENTER
Assists with all writing projects at any stage of development for any student

TEACHING ASSISTANTS AND FACULTY
TA’s and Faculty are always a go-to place for any problems you are having in their class

For more resources and information please visit: https://tutor.uiowa.edu/find-help
MENTAL HEALTH SUPPORT

Thank you to our friends at University Counseling Services (UCS) for sharing these wonderful resources!

FINDING A THERAPIST IN THE COMMUNITY GUIDE

LIVE PSYCHOEDUCATIONAL PROGRAMMING VIA ZOOM

A number of programs will be offered live via Zoom to help students learn ways to cope through COVID-19 and connect with other students. Programs include The Body Image Workshop, Mindfulness Matters, and more.

SUPPORT GROUPS

None of this is easy and doing it alone or while feeling alone, makes it that much harder. UCS Support Groups are current, easy to join, and available virtually. Support Groups include Black Student Support Group, Living Through Loss, and more.

SELF-HELP GUIDES

Need some quick and simple self-help guidance? The UCS Self-Help pages offer lots of quick and simple advice on a variety of topics such as Taking Care After Trauma, Setting Limits with Unfair Requests, and more.

COUNSELING FOR INTERNATIONAL STUDENTS

A video to provide orientation about seeking help and counseling as an international student and particular things to consider to assist you in finding the support you need.

For more resources and information please visit: https://counseling.uiowa.edu/
ALCOHOL AND DRUG SUPPORT THROUGH STUDENT WELLNESS
Student Wellness provides consultations on alcohol and other drug use. Confidential consultations are available with our substance abuse counselor or health educators for any questions you may have or issues you may be experiencing. Student Wellness does not offer treatment for substance use dependence, but can refer to an agency in the community if treatment is needed.

UI COLLEGIATE RECOVERY PROGRAM
The University of Iowa Collegiate Recovery Program (CRP) provides an environment that supports the therapeutic and educational needs of Iowa students who are considering recovery, in recovery, or wanting to support those in any stage of recovery from addiction.

24-HOUR CRISIS LINE: ALCOHOLICS ANONYMOUS
1-319-338-9111

DRUG AND ALCOHOL HELPLINE
1-877-872-0540

ADDICTION TREATMENT SERVICES HOTLINE
1-866-242-4111
Offers behavioral health (i.e. substance abuse, gambling addiction, or mental health issues) information and referrals.
WOMEN’S RESOURCE AND ACTION CENTER (WRAC)

WRAC offers free, confidential mental health services to students, faculty and staff, with particular focus on people of color, LGBTQ+ folks. WRAC offers identity-affirming and conscious therapy.

RAPE VICTIM ADVOCACY PROGRAM (RVAP)

24/7 support line at 319-335-6000 or 1-800-228-1625
"Our mission is to provide free, confidential, trauma-informed advocacy to people affected by sexual violence and promote social change through prevention education."

DOMESTIC VIOLENCE INTERVENTION PROGRAM

319-351-1043
"The Mission of the Domestic Violence Intervention Program is to provide comprehensive support and advocacy services to victim/survivors, focusing on immediate and long-term safety, empowerment, dignity, and hope."

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-7233 (SAFE)

NATIONAL DATING ABUSE HELPLINE

1-866-331-9474

NATIONAL SEXUAL ASSAULT HOTLINE

1-800-656-4673 (HOPE)