

---

**IOWA**

Undergraduate  
Student Government

**STUDENT**

RESOURCE

MANUAL

---

---

# 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](https://dos.uiowa.edu/assistance)

email: [dos-assistance@uiowa.edu](mailto:dos-assistance@uiowa.edu)

phone: 319-335-1162

# FINANCIAL ASSISTANCE

**IOWA**

Undergraduate  
Student Government

## 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

# ACADEMIC RESOURCES\*

\*This page has been adopted from the Online Learning Guide

## 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/>

# SUBSTANCE ABUSE RESOURCES

**IOWA**

Undergraduate  
Student Government

## 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.



# SEXUAL ASSAULT/VIOLENCE PREVENTION

## 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)