# **Resources for UWEC-Barron County Students**

## **CAMPUS + COMMUNITY SUPPORT RESOURCES**

## **Academics + Access:**

Academic Advising Schedule appointments online

Learning Center Library, next to computer lab Math Tutoring--Kelli Coller 715-788-6248, collerkj@uwec.edu English Tutoring--Kate Worzala worzalak@uwec.edu

# Services for Students with Disabilities (SSD)

Sonya Swearingen, swearisa@uwec.edu 104 Meggers Hall | 715-788-6228

Any accommodation or service needs related to long-or short-term disability.

International Student Coordinator Breann DeVillers | 715-788-6307, devilleb@uwec.edu

#### Gender and Sexuality Resource Center (GSRC)

Online resources or Eau Claire Campus, Davies Student Center 229 | 715-836-2693 Resources and support for LGBTQIA+ students.

#### **Multicultural Student Services**

Online resources or Eau Claire Campus, Centennial Hall 1106 | 715-836-3367 Support and resources for students of marginalized identities.

## **Food Insecurity:**

Campus Food Pantry Meggers Hall 156

#### Feed My People Food Bank

Many locations in our area

Ruby's Pantry Many locations in our area

## **Registration + Finances:**

#### **Solution Center**

**150 Meggers Hall** 715-788-6244 **uwecbcinfo@uwec.edu** Registration, billing and payments, financial aid, and records.

### **Veterans Services**

Meggers 158 VA Benefits 715-836-3000; veterans@uwec.edu Issues related to finances, access, and courses for veterans

**Emergency Grant** for unexpected expenses (up to \$500 per academic year; some restrictions apply; stop at Solution Center for more information)

Wisconsin Home Energy Assistance helps with heating and electric costs for eligible WI residents

Affordable Connectivity provides discount for Internet service

## Safety:

(Call 911 for emergencies) <u>Rice Lake PD</u>, 715-234-2116 Barron Co Sheriff, 715-537-3106

#### Center for Awareness of Sexual Assault (CASA)

Eau Claire campus | 715-836-4357 Crisis Line: 715-836-HELP National Sexual Assault Hotline 1-800-656-4673

## WI Coalition Against Sexual Assault

Find survivor support and service providers on their website.

<u>Embrace</u>

#### Provides resources and support for people affected by domestic violence.

### **Dean of Students Office**

The Dean of Students office is here to work with students on a number of issues that might arise during their time at the University. Whether they would like assistance with a personal issue, academic concern, disciplinary matter, or some general advice, we are here to help.

## Wellness:

#### **Student Health Services**

**Northwood Technical College room 116 715-788-7134** Medical clinic for students. Appointments and walk-ins.

#### **<u>Rice Lake Area Free Clinic</u>**

1035 N Main St, Suite G02, Rice Lake; 715-736-3733

### **Health Coaching**

Meet individually with a coach for nutrition, exercise, stress management, nicotine cessation, and more! Check the website for dates and to schedule an appointment.

## **Counseling Services**

Dr. Bruce Jungerberg, 157 Meggers Hall

Click <u>here</u> to schedule an appointment. You can also <u>email Dr. Bruce</u> to schedule or contact the Solution Center at 715-788-6244.

Mental health care and career counseling for students. Appointments and walk-ins.

### Mantra Health

Virtual therapy with one-on-one appointments

## YOU at UWEC

Online portal dedicated to student health, happiness, and success

If you or a loved one is facing a mental health crisis or in need of immediate support, call or text UW Mental Health Support 24/7 at 888-531-2142, or start a chat in the <u>UW</u> Mental Health Support 24/7 Portal.

Barron County 24-hour crisis line 888-552-6642

### **Suicide Prevention**

Call 988 (National Suicide Prevention Hotline) Text Hello to 741741 (Crisis Text Line)

#### **LGBTQ Crisis & Support Resources**



More info: uwec.ly/bcstudentresources