

QUICK GUIDE

IOWA

FOR RESPONDING TO DISTRESS

You are strongly encouraged to report any criminal activity or safety concerns to police by calling 911. To call the Campus Safety non-emergency line, dial 319-335-5022. For crisis mental health support, call the UI Support and Crisis Line at 844-461-5420 or 988.

NOT SURE WHERE TO START?

STUDENT CARE AND ASSISTANCE

319-335-1162 • dos.uiowa.edu/assistance

UNIVERSITY COUNSELING SERVICE *

319-335-7294 • counseling.uiowa.edu

EMPLOYEE ASSISTANCE PROGRAM *

319-335-2085 • hr.uiowa.edu/employee-well-being/ui-employee-assistance-program

MENTAL HEALTH

*UI Support and Crisis Line **~*

Call/Text: 1-844-461-5420 • mentalhealth.uiowa.edu

*988 Suicide and Crisis Lifeline **~*

Call 988 • 988lifeline.org

Johnson County Mobile Crisis Outreach

855-581-8111 • builtbycommunity.org/i-need-help/mobile-crisis

*University Counseling Service **

319-335-7294 • counseling.uiowa.edu

*GuideLink Center **~*

319-688-8000 • guidelinkcenter.org

*Employee Assistance Program **~*

319-335-2085 • hr.uiowa.edu/employee-well-being/ui-employee-assistance-program

SEXUAL HARM, DATING VIOLENCE, AND STALKING

University of Iowa Campus Safety +~

319-335-5022 • safety.uiowa.edu

Office of Civil Rights Compliance - Title IX ~

319-335-0705 • ocr.uiowa.edu

*Women's Resource and Action Center **

319-335-1486 • wrac.uiowa.edu

*DVIP/RVAP (Domestic Violence Intervention Program/Rape Victim Advocacy Program) **~*

800-228-1625 • dvpiowa.org

ACADEMIC ISSUES

Collegiate Offices and College Deans

registrar.uiowa.edu/collegiate-office-contact-information-students

Graduate College, Academic Affairs Office

319-335-2144 • grad.uiowa.edu

Pathways to Excellence

319-467-1561 • pathways.uc.uiowa.edu/

RESOURCE DIRECTORY

ILLNESS OR INJURY

IN AN EMERGENCY, DIAL 911

*Student Health **

319-335-8394 • studenthealth.uiowa.edu

UI QuickCare ~

319-384-8822 • uihc.org/ui-quickcare

Emergency Department, University of Iowa Health Care +~

319-356-2233 • uihc.org/emergency-medicine

LEGAL ASSISTANCE

*Student Legal Services **

319-335-3276 • legal.studentlife.uiowa.edu

RESOURCES AND SERVICES

Threat Assessment Team

319-384-2955 • uitat.uiowa.edu

Iowa Veteran Education, Transition, and Support (IVETS)

319-384-2626 • veterans.uiowa.edu/ivets

International Student and Scholar Services

319-353-2700 • international.uiowa.edu/iss

Residence Education

319-335-3700 • housing.uiowa.edu

Student Wellness

319-335-8394 • studentwellness.uiowa.edu

Student Disability Services

319-335-1462 • sds.studentlife.uiowa.edu

Office of Civil Rights Compliance ~

319-335-0705 • ocr.uiowa.edu

*Office of the Ombudsperson **~*

319-335-3608 • uiowa.edu/ombuds

* Confidential + 24 hour ~ For employees

➔ [WELLBEING.UIOWA.EDU](https://wellbeing.uiowa.edu)

RESPONDING TO INDIVIDUALS IN DISTRESS

IF AN INDIVIDUAL

TAKE ACTION

- Threatens to injure, harm, kill, or risk the safety of self or others
- Refuses to leave the classroom after being asked to leave
- Reports or initiates a threat or bomb scare

Immediately Call 911

- Exhibits unusual communication/behaviors, including threats to harm self or others
- Exhibits unusual fixation on stressful events or losses
- Exhibits inappropriate interest in weapons, mass attacks, or violence
- Suggests violence as a solution to a problem

Report the behavior of concern to the Threat Assessment Team
319-384-2955 • uitat@uiowa.edu

Submit an anonymous report at safety.uiowa.edu/tat

- Appears to be out of touch with reality
- Reports suicidal thoughts or actions, depression, hopelessness, anxiety, and/or difficulty dealing with grief

Consult for guidance or advice with UI Support and Crisis Line
844-461-5420 • mentalhealth.uiowa.edu

University Counseling Service
319-335-7294 • counseling.uiowa.edu

- Personal or family emergency/concern
- Has difficulty securing basic needs (food, shelter, utilities, etc.)
- Exhibits behavior that interferes with or obstructs university processes/functions, including instruction and office operations
- Expresses an overall sense of struggling with difficulties of an unclear nature
- Is not attending class for an extended period of time
- Seems overwhelmed by a problem that could affect university attendance or persistence

Consult for guidance or advice with Student Care and Assistance
319-335-1162 • dos.uiowa.edu/assistance

University Counseling Service
319-335-7294 • counseling.uiowa.edu

Employee Assistance Program
319-335-2085
hr.uiowa.edu/employee-well-being-employee-assistance-program

- Indicates experiencing hate crimes, bias, or discrimination

Consult for guidance or advice with University of Iowa Campus Safety
319-335-5022 • safety.uiowa.edu

Office of Civil Rights Compliance - Discrimination Investigations and ADA Compliance
319-335-0705 • ocrc.uiowa.edu

- Is having academic or professional difficulty due to a physical, psychological, or learning disability
- Indicates a need for disability accommodations

Consult for guidance or advice with Student Disability Services
319-335-1462 • sds.studentlife.uiowa.edu

Faculty and Staff Disability Services
319-335-2660

- Reports having been a victim of stalking
- Reports sexual misconduct or relationship violence

Consult for guidance or advice with University of Iowa Campus Safety
319-335-5022 • safety.uiowa.edu

Office of Civil Rights Compliance - Title IX
319-335-0705 • ocrc.uiowa.edu