



University of North Texas Health Science Center
Office of Care and Civility Resource Guidebook

THE UNIVERSITY *of* NORTH TEXAS
HEALTH SCIENCE CENTER *at* FORT WORTH

TEL: 817 735-2000 | 3500 Camp Bowie Blvd., Fort Worth, Texas 76107 | unthsc.edu

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Please note that the community and national resources listed are not meant to be comprehensive in nature and are not affiliated with HSC.

If you have any questions regarding resources, please don't hesitate to contact the Office of Care and Civility OCC@unthsc.edu

Campus Resources

Care Team | SSC 2nd floor | 817.735.2740 | careteam@unthsc.edu

<https://www.unthsc.edu/care-and-civility/care-team/>

- Contribute to healthier communities by assisting in protecting the health, safety and the HSC community
- Foster student success
- Provide a comprehensive response to students
- Report a Student of Concern: <https://unthsc.edu/studentofconcern>

Career Readiness Center | SSC 2nd floor | 817.735.5020 | CareerCenter@unthsc.edu

<https://www.unthsc.edu/students/career-center/>

- Career Assessment
- Interviewing and Etiquette Skills
- Resume/CV. Cover Letter Assistance
- Job Fair and Job Posting Information
- Job Search Series

Center for Academic Performance | SSC 2nd floor | 817.735.2531 | CAP@unthsc.edu

<https://www.unthsc.edu/students/center-for-academic-performance/>

- Academic Counseling and Resources
- Learning and Study Strategies Assessments
- Writing Support
- Tutoring
- Workshops
 - Time Management
 - Test-Taking Skills
 - Paper Formatting
 - Learning Styles

Institute for Health Aging | 817.735.5408 | <https://www.unthsc.edu/healthy-aging/>

Community Garden | 3621 W. 7th Street, Fort Worth, TX 76107 | 817.735.2451 |

<https://www.unthsc.edu/operations/sustainability/community-garden-locations-design/>

Financial Aid | SSC 1st floor | 817.735.2505 | finaid@unthsc.edu
<https://www.unthsc.edu/financial-aid/>

- Loan Disbursement Dates
- External/Outside Scholarships
- Types of Aid and How to Apply
- Cost of Attendance
- Withdrawal/Leave of Absence/Return of Title VI Fund
- Special Circumstance Form

Gibson D. Lewis Health Science Library | 3500 Camp Bowie Boulevard, Fort Worth, TX 76107 | 817.735.2465 | <https://library.hsc.unt.edu/>

International Services | SSC 2nd floor | 817.735.2780 |
<https://www.unthsc.edu/students/international-student-and-scholar-services/>

- Maintaining F1 Status
- CBP 1-94 Retrieval
- Internal Student Association

Office of Disability Accommodations | SSC 2nd floor | 817.735.2134 |
<https://www.unthsc.edu/students/office-of-disability-accomodations/>

- Facilitates academic accommodations with documentation
- Assist students with class access concerns
- Liaison between students and department
- Coordinated equipment access for in-class use
- Works with students and professors regarding accommodations needed

Office of Student Development-Diversity Equity, and Inclusion Team | SSC 2nd floor | 817.735.5006 | <https://www.unthsc.edu/students/student-development/student-diversity-inclusion/>

Office of the Registrar | SSC 2nd floor | 817.735.2201 | Registrar@unthsc.edu
<https://www.unthsc.edu/students/registrar/>

- Loan Deferments
- Transcript Requests
- Enrollment Verifications
- VA Certification
- Add/Drop Classes
- Withdrawal/Leave of Absence

Office of Sustainability | Facilities Management, 3416 Darcy Rm. 110, Fort Worth, TX 76107 | 817.753.2451 | <https://www.unthsc.edu/operations/sustainability/contact-us/>

Student Food Pantry | 1051 Haskell Ave., Fort Worth, TX 76107 | Student Service Center, Suite 224 | 817.753.5172 | <https://www.unthsc.edu/care-and-civility/wellness-programs/food-pantry/>

- Free non-perishable food, toiletries, and limited kitchen utensils
- Occasional fresh herbs and produce
- Recipes and cooking tips

Student Health Clinic | PCC 3rd floor | 817.735.5051 | StudentHealth@unthsc.edu
<https://www.unthsc.edu/students/student-health/clinic-information/>

- Services: Primary Care and Psychiatric
- Consultation, evaluation, diagnosis, and treatment
- Prescribe, monitor, and manage medications

HSC Fitness Center | Founders Activity Center (FAC) Building, 3500 Camp Bowie Blvd, Fort Worth, TX 76107 | 817.735.2209 | <https://www.unthsc.edu/care-and-civility/fitness-center/>

My SSP through LifeWorks (24/7 immediate and ongoing counseling) | 866.743.7732 | us.myissp.com | or call or chat directly from the free My SSP app

- Cultural Adaptation
- Mental Health
- Student Life
- Relationships
- Anxiety
- Stress

Community Resources

[Please note that these resources are not meant to be comprehensive in nature and are not affiliated with HSC.]

HOPE Directory | 817.735.2070 | <https://hope.hsc.unt.edu/>

MHMR Tarrant | 1350 E Lancaster Ave, Ft. Worth, TX 76102 | 817.569.5400 | <https://www.mhmrtarrant.org/addiction-services/>

- Mental health and substance use support
- Crisis help line – 817-335-3022

Mesa Springs | 5560 Mesa Springs Dr, Ft. Worth, TX 76123 | 817.612.9272 | <https://mesasprings.com/>

- Behavioral health assessments
- Inpatient and outpatient mental health services
- Inpatient and outpatient drug and alcohol recovery support

Greenhouse Treatment Center | 1171 107th St., Grand Prairie, TX 75050 | 469.423.6967 | <https://greenhousetreatment.com/>

Don't Forget to Feed Me | 817.334.0727 | <https://dontforgettofeedme.org/get-help/>

Pregnancy Help 4 U | 5857 Park Vista Cir, Keller, TX, 76244 | 817.753.6222 | <https://www.pregnancyhelp4u.org/>

National Resources

[Please note that these resources are not meant to be comprehensive in nature and are not affiliated with UNTHSC.]

Cultural Resources

National Association for the Advancement of Colored People (NAACP) | 4805 Mt. Hope Drive, Baltimore, MD 21215 | 410.580.5777 or 877.622.2798 (toll-free) | <http://www.naacp.org/>

NCAPA: List of National Coalition Members | 1629 K Street NW, Suite 400, Washington, DC 20006 | 202.706.6768 | http://www.ncapaonline.org/coalition_members

League of United Latin American Citizens (LULAC) | 1133 19th Street, NW, Suite 1000, Washington, DC 20036 | 202.833.6130 | <https://lulac.org/>

Domestic & Sexual Violence Resources

National Center for Victims of Crime | 2000 M Street NW, Suite 480, Washington, DC 20036 | 202.467.8700 | <http://victimsofcrime.org/>

National Child Abuse Hotline | 1.800.422.4453 | <http://www.childhelp.org/>

National Dating Abuse Helpline | 1.866.331.9474 | <http://www.loveisrespect.org/>

National Domestic Violence Hotline | 1.800.799.7233 | <http://www.thehotline.org/>

National Human Trafficking Resource Center | 1.888.373.7888 or Text 233733 | <http://www.traffickingresourcecenter.org/>

National Network to End Domestic Violence Hotline | 1.800.799.7233 | <https://nnedv.org/>

National Resource Center on Domestic Violence | 1.800.799.7233 | <http://www.nrcdv.org/>

National Sexual Assault Hotline | 1.800.656.4673 | <https://www.rainn.org/>

National Suicide Prevention Lifeline | 1.800.273.8255 | <http://www.suicidepreventionlifeline.org/>

Texas Advocacy Project, Family Violence Legal Line | 800.374.4673 | <http://www.texasadvocacyproject.org/index.php>

Texas Advocacy Project, Sexual Assault Legal Hotline | 888.296.7233 | <http://www.texasadvocacyproject.org/index.php>

Texas Child Protective Services Hotline | 1.800.252.5400 | <http://www.dfps.state.tx.us/>

Veterans Crisis Hotline | 1.800.273.8255, Press 1 | <http://veteranscrisisline.net/>

Environmental Resources

Blue Zones Project | 1300 Summit Avenue Suite 750, Fort Worth, TX 76102 | 817.869.0900 | bluezonesprojectfortworth@sharecare.com | <https://fortworth.bluezonesproject.com/>

Earth911 | <http://earth911.com/>

Guide to Sustainability in College & Life | <http://www.accreditedschoolsonline.org/resources/going-green-at-school/>

National Environmental Organizations List | <http://www.eco-usa.net/orgs/national.shtml>

Sustainability at the Environmental Protection Agency | 1200 Pennsylvania Ave, NW (1807T), Washington, DC 20460 | 202.564.4700 | <https://www.epa.gov/sustainability>

Financial Assistance

Astra Zeneca Prescription Assistance | 1.800.292.6363 | <http://www.astrazeneca-us.com/medicines/help-affording-your-medicines/azandme-prescription-savings-programs>

Doctors Without Quarters | 1015 Corporate Square Dr., Suite 300, Saint Louis, MO 63132 | 314.787.7399 | <http://www.dwoq.com/>

Federal Student Financial Aid | 1.800.557.7394 | <https://studentloans.gov/myDirectLoan/index.action>

Glaxo Smith Kline Bridges to Access Prescription Help | 1.866.728.4368 | <https://www.gskforyou.com/>

Lilly Cares Prescription Help | 1.800.545.6962 | <http://www.lillytruassist.com/aboutlillycares.aspx>

My Money- Financial Literacy and Education | 1500 Pennsylvania Avenue, N.W. Washington, DC | 1.800.333.4636 | <https://www.mymoney.gov/>

National Foundation for Credit Counseling | 800.388.2227 | <https://www.nfcc.org/>

Pfizer Rx Pathways Assistance Programs | 235 East 42nd Street NY, NY 10017 | 212.733.2323 | http://www.pfizer.com/health/financial_assistance_programs/patient_assistance_programs

Suze Orman Resource Center | <http://www.suzeorman.com/resource-center/>

Intellectual Resources

Digital Public Library of America | <https://dp.la/>

Harvard University Online Learning | https://online-learning.harvard.edu/courses?sort_by=date_added&cost%5B%5D=free

National Library Service for the Blind and Physically Handicapped | <https://www.loc.gov/nls/>

North Carolina State- Index of Learning Styles | rmfelder@mindspring.com | <http://www4.ncsu.edu/unity/lockers/users/f/felder/public/ILSpa.html>

Open 2 Study | <https://www.open2study.com/courses>

Library of Congress | <https://www.loc.gov/>

Pace University- Learning Styles & Maximizing Success | 156 William Street, 8th Floor, NYC | 212.346.1526 | <https://www.pace.edu/counseling/resources-and-grants/self-help-resources/learning-styles>

University of Cincinnati Learning Assistance Center- Learning Styles & Study Habits | 2510B French Hall West, 2815 Commons Way, Cincinnati, OH 45221 | 513.556.0823 | lac@uc.edu | <https://www.uc.edu/learningcommons/resource/resources2.html>

Mental Health & Counseling Services

Actively Moving Forward (AFM) Support Network for College Students | 2934½ Beverly Glen Circle, #266, Los Angeles, CA 90077 | 1.888.489.9654 | <https://healgrief.org/actively-moving-forward/>

ARK Behavioral Health | 500 Victory Rd, Quincy, MA 02171 | 855.481.0589 | <https://www.arkbh.com/>

Bereaved Parents of the USA | National Office, c/o Katherine Corrigan, 5 Vanek Road, Poughkeepsie, NY 12603 | 845.462.2825 | <http://www.bereavedparentsusa.org/>

Living Works | P.O. Box 9607, Fayetteville, North Carolina 28311 | 910.867.8822 or 1.888.733.5484 (toll-free) | usa@livingworks.net | <https://www.livingworks.net/>

National Alliance for Grieving Children | 3500 North A Street, Suite A-2 | Midland, TX 79705 | 866.432.1542 | <http://www.childrengrieve.org/>

National Suicide Prevention Lifeline | 1.800.273.8255 |
<http://www.suicidepreventionlifeline.org/>

New York Life Foundation | 51 Madison Ave, New York, NY 10010 | 212.576.7341 |
nylffoundation@newyorklife.com | <http://www.newyorklife.com/achildgrief>

The Compassionate Friends | P.O. Box 3696, Oak Brook, IL 60522 (or) 1000 Jorie Blvd, Suite
140, Oak Brook, IL 60523 | 630.990.0010 or 877.969.0010 (toll-free) |
<https://www.compassionatefriends.org/>

The Jason Foundation | 18 Volunteer Drive, Henderson, TN 37075 | 1.888.881.2323 or
615.264.2323 | contact@jasonfoundation.com | <http://jasonfoundation.com/>

Occupational Health Resources

American Association of Colleges of Pharmacy (AACP) | 1727 King Street, Alexandria, VA
22314 | 703.739.2330 | mail@aacp.org |
<http://www.aacp.org/career/careercenter/Pages/default.aspx>

American Association of Colleges of Osteopathic Medicine (AACOM) | 7700 Old
Georgetown Road, Suite 250, Bethesda, MD 20814 | 301.968.4100 | webmaster@aacom.org |
<http://www.aacom.org>

Association of Clinical Research Professionals (ACRP) | 99 Canal Center Plaza, Suite 200,
Alexandria, VA 22314 | 703.254.8100 | office@acrpnnet.org | <https://www.acrpnnet.org/>

American Physical Therapy Association | 1111 North Fairfax Street, Alexandria, VA 22314 |
800.999.2782 | <http://www.apta.org/apta/hotjobs/default.aspx>

ExploreHealthCareers.org | <https://explorehealthcareers.org/career-explorer/> | Email comments
and questions to feedback@explorehealthcareers.org

Texas Academy of Physician Assistants | 401 W. 15th Street, Ste. 100, Austin, TX 78701 |
800.280.7655 | admin@tapa.org | <https://www.tapa.org/amsimis/>

Texas Hospital Association | 1108 Lavaca, Suite 700, Austin, TX 78701 | 512.465.1000 |
info@tha.org |
<http://texashealthcarejobs.jobscience.com/JsrApp/index.cfm?prodApp=CC153C84-AF0B-4F17-A32A-75AEC3B65159>

Texas Pharmacy Association | 3200 Steck Avenue, Suite 370, Austin, TX 78757 |
800.505.5463 | <http://www.texaspharmacy.org/>

Texas Physical Therapy Association | 900 Congress Avenue, Suite 410, Austin, TX 78701 |
512.477.1818 | <http://www.tpta.org/>

Texas Public Health Association | P.O. Box 201540, Austin, TX 78720 | 512.336.2520 | txpha@aol.com | <http://www.texaspha.org/>

U.S. Bureau of Labor Statistics | Office of Occupational Statistics and Employment Projections | 2 Massachusetts Avenue, PSB Suite 2135, NE Washington, DC 20212 | 202.691.5700 | <https://stats.bls.gov/ooh/>

Physical Activity Resources

Centers for Disease Control and Prevention | 1600 Clifton Road, Atlanta, GA 30329 | 800.232.4636 | <https://www.cdc.gov/physicalactivity/basics/index.htm>

National Heart, Lung, and Blood Institute | NHLBI Health Information Center P.O. Box 30105, Bethesda, MD 20824 | 301.592.8573 | nhlbiinfo@nhlbi.nih.gov | <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/physical-activity.htm>

National Institutes of Health | 9000 Rockville Pike, Bethesda, MD 20892 | 301.496.4000 | <https://www.nih.gov/>

President's Council on Fitness, Sports & Nutrition | 1101 Wootton Parkway Suite 560, Rockville, MD 20852 | 240.276.9567 | fitness@hhs.gov | <https://www.hhs.gov/fitness/resource-center/physical-activity-resources/index.html>

USDA-Nutrition | 10301 Baltimore Avenue, Beltsville, MD 20705 | 301.504.5414 | nginbox@ars.usda.gov | USDA-sponsored website: <https://www.nutrition.gov/> | Food and Nutrition Information Center website: <https://www.nal.usda.gov/fnic>

Spiritual Resources

Spirituality and Practice | 223 W. Foothill Boulevard 2nd Floor, Claremont, CA 91711 | 909.447.8800 | brussat@spiritualityandpractice.com | <http://www.spiritualityandpractice.com/>

UCLA Mindful Awareness Research Center | 740 Westwood Plaza, Rm, C8-237, Los Angeles, CA 90095 | 310.206.7503 | marcinfo@ucla.edu | <http://marc.ucla.edu/body.cfm?id=22&oTopID=22>

UC San Diego Health-Center for Mindfulness | 200 West Arbor Drive, San Diego, CA 92103 | 858.657.7000 | <https://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx>

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