

# University of North Texas Health Science Center Office of Care and Civility Resource Guidebook: Wichita Falls

# **Table of Contents**

<u>Campus Resources</u>	4
Care Team	4
<u>Career Center</u>	4
Center for Academic Performance	4
Center for Aging and Alzheimer's Disease Research.	4
Community Garden	4
Earth Club	4
Financial Aid.	5
Gibson D. Lewis Health Science Library	5
International Services.	5
Office of Disability Accommodations	5
Office of Student Development-Student Diversity and Inclusion	5
Office of the Registrar	5
Office of Sustainability	6
Student Food Pantry.	6
Student Health Clinic	6
HSC Fitness Center	6
<u>LifeWorks</u>	6
Community Resources	6
Mental Health & Substance Abuse	7
Domestic Violence	7
Food & Clothing Assistance	7
National Resources	7
<u>Cultural Resources</u>	7
Domestic & Sexual Violence Resources	8
Environmental Resources	8

Financial Assistance.	9
Mental Health & Counseling Services	9
Occupational Health Resources	9
Physical Activity Resources	10

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 2<sup>nd</sup> 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 Center | SSC 2<sup>nd</sup> 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 2<sup>nd</sup> 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
  - o Time Management
  - o Test-Taking Skills
  - o Paper Formatting
  - Learning Styles

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

**Community Garden** | 3621 W. 7<sup>th</sup> Street, Fort Worth, TX 76107 | 817.735.2451 | https://www.unthsc.edu/operations/sustainability/community-garden-locations-design/

Earth Club | https://orgsync.com/70114/chapter | earthclub@live.unthsc.edu

**Financial Aid** | SSC 1<sup>st</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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-Student Diversity and Inclusion  $\mid$  SSC  $2^{nd}$  floor  $\mid$  817.735.5006  $\mid$  https://www.unthsc.edu/students/student-development/student-diversity-inclusion/

**Office of the Registrar** | SSC 2<sup>nd</sup> floor | 817.735.2201 | <u>Registrar@unthsc.edu</u> 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 | <a href="https://www.unthsc.edu/care-and-civility/wellness-programs/food-pantry/">https://www.unthsc.edu/care-and-civility/wellness-programs/food-pantry/</a>

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

**Student Health Clinic** PCC 3<sup>rd</sup> floor | 817.735.5051 | <u>StudentHealth@unthsc.edu</u> 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.]

#### Mental Health & Substance Abuse Resources

**Red River Hospital** | 1505 8<sup>th</sup> St., Wichita Falls, TX, 76301 | 877.929.9808 | <a href="https://www.redriverhospital.com/">https://www.redriverhospital.com/</a>

**Helen Farabee Center** | 1000 Brook Ave., Wichita Falls, TX, 76301 | 940.397.3100 | <a href="https://www.helenfarabee.org/">https://www.helenfarabee.org/</a>

**NAMI Wichita Falls** | 909 8<sup>th</sup> St., Wichita Falls, TX, 76301 | 940.244.6264 | <a href="https://www.nami.org/Home">https://www.nami.org/Home</a>

### **Domestic Violence Resources**

**First Step, Inc.** | 624 Indiana Ave., Suite 304 Wichita Falls, TX, 76301 | 940.723.7799 | <a href="https://firststep.org/">https://firststep.org/</a>

## **Food & Clothing Assistance**

**Wichita Falls Area Food** Bank | 1230 Midwestern Parkway, Wichita Falls, TX, 76302 | 940.766.2322 | <a href="https://www.wfafb.org/">https://www.wfafb.org/</a>

**Faith Mission Shelter** | 1300 Travis St., Wichita Falls, TX, 76301 | 940.723.5663 | https://faithmissionwf.org/

# **National Resources**

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

#### **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 19<sup>th</sup> 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 | <a href="https://fortworth.bluezonesproject.com/">https://fortworth.bluezonesproject.com/</a>

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 | <a href="http://www.astrazeneca-us.com/medicines/help-affording-your-medicines/azandme-prescription-savings-programs">http://www.astrazeneca-us.com/medicines/help-affording-your-medicines/azandme-prescription-savings-programs</a>

**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

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

## **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 | <a href="https://healgrief.org/actively-moving-forward/">https://healgrief.org/actively-moving-forward/</a>

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

**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/

## **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@acrpnet.org | https://www.acrpnet.org/

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

**ExploreHealthCareers.org** | <a href="https://explorehealthcareers.org/career-explorer/">https://explorehealthcareers.org/career-explorer/</a> | Email comments and questions to feedback@explorehealtcareers.org

**Texas Academy of Physician Assistants** | 401 W. 15<sup>th</sup> 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 | <a href="http://www.texaspharmacy.org/">http://www.texaspharmacy.org/</a>

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

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

**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 | <a href="https://stats.bls.gov/ooh/">https://stats.bls.gov/ooh/</a>

## **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

Return to Table of Contents