

University of Missouri Campus Resources

***Please note: The following is a list of campus resources of which we are currently aware, and may not be exhaustive. If you feel there is anything not on the list that should be added, please contact the Wellness Resource Committee.*

Health and Wellness

MU Student Health Center

The main on-campus resource for student medical care, behavioral health, and wellness services.

1020 Hitt St, 4th Floor

(573) 882-7481

<http://studenthealth.missouri.edu>

Health Promotion and Wellness Department

A division of the MU Student Health Center that offers nutrition and fitness wellness coaching, in addition to stress management programs.

1020 Hitt St, 4th Floor

(573) 884-WELL

<http://studenthealth.missouri.edu/services/healthpromotion.html>

Wellness Resource Center

Offers nutrition and fitness consultations, smoking cessation consultations, and stress management services.

G202 Student Center, Lower Level

(573) 882-4634

<http://wellness.missouri.edu/>

Counseling and Mental Health

Behavioral Health

A division of the MU Student Health Center that provides psychiatric and short-term counseling services.

1020 Hitt St, 4th Floor, next to Student Health Center main office

(573) 882-1483

<http://studenthealth.missouri.edu/services/mental.html>

MU Counseling Center

Offers a variety of psychological services, including individual and group therapy, couples counseling, crisis intervention, and educational testing, for students and University employees.

119 Parker Hall

(573) 882-6601

<http://counseling.missouri.edu/>

***Please note: The majority of clinicians at the Counseling Center are not affiliated with our department, though students from the Clinical Area may train here on occasion.*

Psychological Services Clinic

Provides a variety of psychological services for adults and children in the University community, as well as members of the surrounding community.

211 South 8th St, Psychology Building – 8th St entrance

(573) 882-4677

<http://psychology.missouri.edu/psychological-services-clinic>

***Please note: The majority of clinicians at the Psychological Services Clinic are affiliated with our department, although there may be a few who are not affiliated with our department.*

Social Support Services

***Please note: The following is only a select list of social support resources offered at the University. For a complete list of cultural, religious, and social organizations and University support services, go to:*

<https://diversity.missouri.edu/>.

Disability Center

Main campus resource for disability accommodations and services.

S5 Memorial Union

(573) 882-4696

<http://disabilitycenter.missouri.edu>

Gaines/Oldham Black Culture Center

Provides social and educational programs related to the culture and history of the black community.

813 Virginia Ave

(573) 882-2664

<http://gobcc.missouri.edu/>

International Center

Provides support services to members of Mizzou's international community, including students, faculty, staff, and dependents.

N52 Memorial Union

(573) 882-6007

<http://international.missouri.edu/>

Lesbian, Gay, Bisexual, Transgender, Queer Resource Center

Offers support services, education, and advocacy related to sexual and gender diversity.

G225 MU Student Center

(573) 884-7750

<http://lgbtq.missouri.edu/>

Multicultural Center

Offers support services for students of diverse cultural identities and backgrounds.

G107 MU Student Center

(573) 882-7152

<http://multiculturalcenter.missouri.edu>

Off-Campus Student Services

Provides assistance and support to MU students regarding off-campus living issues and concerns.

G106 MU Student Center, Lower Level

(573) 882-1753

<http://wellness.missouri.edu/offcampus/>

Relationship and Sexual Violence Prevention (RSVP) Center

Resource center that provides educational, prevention, and support services to members of the Mizzou community.

G216 MU Student Center

(573) 882-6638

<http://rsvp.missouri.edu/>

Title IX Office

Provides support and assistance to students, faculty, staff, and visitors of the University who are aware of, witness, or experience sex-based discrimination.

202 Jesse Hall

(573) 882-3880

<http://titleix.missouri.edu/>

Women's Center

Provides education, support, and other resources related to social justice and gender issues.

G108 MU Student Center, Lower Level

(573) 882-6621

<http://womenscenter.missouri.edu/>

Academic Support and Career Services**Career Center**

Offers career guidance and counseling, mock interviews, review of application materials, and assistance with job searches and interview preparation.

201 Student Success Center

(573) 882-6801

<http://career.missouri.edu/>

Learning Center

Offers free group and individual tutoring, study plan consultations, and individual writing assistance to students.

100 Student Success Center

(573) 882-2493

<http://learningcenter.missouri.edu/>

Financial and Legal Services**Office for Financial Success**

Provides individual counseling, group workshops, and seminars on issues related to personal finance, and typically hosts a free tax preparation program for students and families who qualify.

162 Stanley Hall

(573) 882-2173

<http://ofsmizzou.org/>

Student Legal Services

Provides educational legal consultations to help students learn to address and resolve legal conflicts and concerns, for a small fee.

2500 MU Student Center

(573) 882-9700

<http://sls.missouri.edu/>

Fitness and Recreation**Mizzou Rec Center**

Provides a variety of indoor and outdoor fitness options, group fitness classes, recreational sports leagues, and other fitness and wellness services.

213 Student Recreation Complex

(573) 884-5600

<http://www.mizzourec.com/>

Mizzou Bike Share and Bike Resource Center (Environmental Leadership Office)

Bike share program that offers free bike checkouts and repairs to MU students.

2500 MU Student Center

(573) 882-8207

<http://environmentalleadership.missouri.edu/>

MSA/GPC Craft Studio

Provides studio space, equipment, workshops, and discounted classes for a variety of arts and crafts interests.

11B Gentry Hall

(573) 882-2889

<http://craftstudio.missouri.edu/>

MSA/GPC Box Office

Sells tickets to campus events and local concerts, and also operates as a full service Ticketmaster Outlet.

1214 MU Student Center

(573) 882-4640

<http://boxoffice.missouri.edu/>

Stuff to Do:

An up-to-date composite calendar of all university activities and events.

2500 MU Student Center

(573) 882-3780

<http://stufftodo.missouri.edu/>