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](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](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/](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](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.
118 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/