

Healthy Living Resource Guide

A Handbook of UWRF Campus and River Falls Community Resources for A Healthier Lifestyle
Offered by: UWRF Student Health and Counseling Services

UNIVERSITY OF WISCONSIN **River Falls**

ACADEMIC

UW-RIVER FALLS

A variety of health-related courses are available for students to take in various academic departments.

Academic Success Center 715-425-3531
*Pre-major Advising, Tutoring, Student Support Services,
McNair Scholars Program, and Multicultural Services.*
<http://www.uwrf.edu/academicsuccess>

ALCOHOL & DRUG PREVENTION & TREATMENT

UW-RIVER FALLS

Alcohol, Tobacco and Other Drugs Coalition 715-425-3293

Counseling Services 715-425-3884
*Personal counseling and various health-related programming and outreach.
Alcohol and other Drug assessments are available.*
<http://www.uwrf.edu/studenthealthandcounseling>

Student Health Services 715-425-3293
Health services, information, referral and programming
<http://www.uwrf.edu/studenthealthandcounseling>

COMMUNITY

Al-Anon/Alateen 888-425-2666
<http://www.al-anon.alateen.org>

Alcoholics Anonymous 651-227-5502
St. Paul
<http://www.aastpaul.org>

Pierce County Human Services/Alcohol and Other Drug Abuse 715-273-6770

St. Croix County Behavioral Health Services 715-246-8255

SAMHSA-Substance Abuse and Mental Health Services Administration
Treatment locator 1-844-726-4727
Information, publications, data, etc.
<http://www.samhsa.gov>

CAREER

UW-RIVER FALLS

Career Services 715-425-3721/3572
*All aspects of career planning
& job search assistance*
<http://www.uwrf.edu/careerservices>

DISABILITIES

UW-RIVER FALLS

Ability Services - Residence Life 715-425-0740
Accommodations for students with documented disabilities
<http://www.uwrf.edu/abilityservices/>

COMMUNITY

Center for Independent Living for Western Wisconsin 800-228-3287
Information & referral services for people with disabilities
<http://www.cilww.com>

Courage Center	888-519-0014
<i>Empowering people with disabilities</i>	http://www.couragecenter.org
Division of Vocational Rehabilitation	800-442-3477
	http://www.dwd.wisconsin.gov/dvr
Epilepsy Foundation of Western Wisconsin	800-924-2105
	http://www.epilepsywesternwi.org/
St. Croix Therapy	715-386-2128
<i>Therapeutic Services for Children & Adults</i>	http://www.stcroixtherapy.org
United Cerebral Palsy of West Central Wis	715-832-1782
	http://www.ucpwcw.org
UW-River Falls University Speech-Language & Hearing Clinic.....	715-425-3801
<i>Evaluation and therapy for speech-language, hearing and swallowing</i>	http://www.uwrf.edu/comd/languageandhearingclinic.cfm
UW-Stout Clinical Services Center	715-232-2404
<i>Discounted assessments for potential learning and cognitive disabilities.</i>	http://www3.uwstout.edu/csc/services.cfm

FITNESS, EXERCISE AND RECREATION

UW-RIVER FALLS

Recreation and Sports Facilities.....	715-425-4289
<i>Hunt Arena (Ice Skating)</i>	http://www.uwrf.edu/recreationandsportfacilities/openrecreation/openskating.cfm
<i>Intramurals</i>	http://www.uwrf.edu/recreationandsportfacilities/intramurals/index.cfm
<i>KinniConnections (Outdoor recreational adventure program)</i>	http://www.uwrf.edu/recreationandsportfacilities/falconoutdooradventures/index.cfm
<i>Knowles (Tennis, Track, Basketball, Volleyball, Wall climbing)</i>	http://www.uwrf.edu/fieldhouse
<i>Karges (Gymnasium and dance studio - Call for times of availability)</i>	http://www.uwrf.edu/recreationandsportfacilities/kargescenter.cfm
Emogene Nelson Center	715-425-3705
<i>Strength and Conditioning Center, Aerobics Studio and Human Performance Lab</i>	http://www.uwrf.edu/hhp/nelsoncenter.cfm
Student Health and Counseling.....	715-425-3884
<i>Wellness programming such as health fair and classes such as yoga, meditation, tai chi, etc.</i>	http://www.uwrf.edu/studenthealthandcounseling/wellness/index.cfm

COMMUNITY

Anytime Fitness.....	715-425-0225
	http://anytimefitness.com
Curves For Women 30 minute “quick fit” circuit training	715-425-2242
	http://www.curves.com
Hudson YMCA.....	715-386-1616
	http://www.ymcatwincities.org/locations/hudson_ymca/

- Real Fit 6 Physical Fitness, Yoga and Pilates..... 651-216-5830
<http://www.realfit6.com/>
- Snap Fitness Open 24/7..... 715-425-9330
<http://www.snapfitness.com>
- Wellness Center (River Falls Area Hospital) 715-307-6060
 Circuit training
<http://www.allinahealth.org/river-falls-area-hospital/services/wellness-center/hours-and-fees/>

GAY, LESBIAN, BISEXUAL & TRANSGENDER ISSUES

UW–RIVER FALLS

- Gender and Sexuality Alliance (Involvement Center) 715-425-4444
Referrals available for support, education, social opportunities, and political action.
<http://orgsync.com/19274/chapter>

COMMUNITY

- Out Front 800-800-0350
Gay, lesbian, bisexual, transgender and allied committees.
<http://www.outfront.org>
- GLBT National Help Center 888-THE-GLNH (843-4564)
<http://www.glnh.org>
- Parents, Families and Friends of Lesbians and Gays (PFLAG) 202-467-8180
<http://www.community.pflag.org/page.aspx?pid=194&srcid=-2>

HEALTH

UW–RIVER FALLS

- Environmental Health and Safety 715-425-3344
<http://www.uwrf.edu/riskmanagement/index.cfm>
- University Police 715-425-3133
<https://www.uwrf.edu/police/>
- Office of Student Involvement 715-425-4444
Fosters student success through inclusive and empowering learning experiences designed to promote engaged citizenship and self-authorship.
<http://www.uwrf.edu/studentinvolvement/index.cfm>
- Risk Management..... 715-425-3344
<http://www.uwrf.edu/riskmanagement/index.cfm>
- Speech, Language and Hearing Clinic 715-425-3801
Speech and language evaluations and therapy, hearing screening and evaluation.
<http://www.uwrf.edu/comd/languageandhearingclinic.cfm>
- Student Health Services 715-425-3293
Provides certain health services through agreements with the Vibrant Health Family Clinics (715-425-6701) and Pierce County Reproductive Health Services (715-425-8003); Taxi rides to and from the Vibrant Health Family Clinics and to the PCRHS by the River Falls Taxi (715-425-7878); Access to immunizations; Health counseling, information, consultation, outreach, and referral; Monitoring of health related issues; A variety of health-related programming and policies.
<http://www.uwrf.edu/studenthealthandcounseling/>

University Advisory Council on Health and Wellness..... 715-425-3293
(Student Health Services)
<http://www.uwrf.edu/studenthealthandcounseling/healthcommittees.cfm>

COMMUNITY

CDC Info Line 800-232-4636
*Information based on CDC findings including information on HIV/AIDS, STDs,
Immunizations, Autism and Disease Outbreaks covered in the media.*

<http://www.cdc.gov>

Emergency 911

Free Clinic of Pierce and St. Croix Counties, Inc.715-307-3948
*Provides healthcare to those who have no alternative healthcare. Registration begins at 4:15
p.m. on Tuesdays at the Vibrant Health Family Clinics.
Limited number of patients seen.*

<http://sites.google.com/site/sppfreelclinic4>

Pierce County Public Health Department715-273-6755
http://www.co.pierce.wi.us/public%20health/public_health_main.php

River Falls Area Ambulance Service..... 715-425-0370
<http://www.rfaas.org>

River Falls Area Hospital 715-307-6000
<http://www.allinahealth.org/ahs/riverfalls.nsf>

River Falls Wellness and Fitness Center 715-307-6060
*(River Falls Area Hospital) Fitness and wellness classes,
exercise equipment and health screenings.*
<http://www.allinahealth.org/river-falls-area-hospital/services/wellness-center/hours-and-fees/>

Vibrant Health Family Clinics 715-425-6701
*Mon.-Thur. 8 a.m.-8 p.m.; Fri. 8 a.m.-5 p.m.;Sat. 8 a.m. to 12 noon;
Sun. Walk-in only for care of illness and minor injuries 10 a.m.-2 p.m.*
<http://www.vibranthealthclinics.com>

St. Croix County Public Health.....715-386-4600
Mon.-Fri. 8 a.m.-4:30 p.m.
<http://www.co.saint-croix.wi.us/index.asp>

American Red Cross of Minnesota 651-439-0031
First Aid and CPR classes.
<http://www.redcross.org/mn/>

American Red Cross of Wisconsin 877-618-6628
First Aid and CPR Classes.
<http://www.redcross.org/wisconsin>

Wisconsin Poison Control System 800-222-1222
24 hours a day/7 days a week.
<http://www.wisconsinpoison.org>

HEALTH INFORMATION & REFERRAL

UW-RIVER FALLS

Student Health Services 715-425-3293
Health services, information, referral and programming
<http://www.uwrf.edu/studenthealthandcounseling/>

COMMUNITY

- National Health Information Center 240-453-8280
<http://www.health.gov/nhic>
- United Way Great Rivers 211 Wisconsin800-362-8255
Comprehensive Information and Referral <http://www.greatrivers211.org>
- United Way 211 Minnesota (Metro Region)800-543-7709
Comprehensive Information and Referral National Site <http://www.211.org>
- Wisconsin Dental Association
<http://www.wda.org/your-oral-health/community-activities/community-dental-clinics>

MENTAL HEALTH

UW–RIVER FALLS

- Counseling Services 715-425-3884
*Personal counseling, Employee Assistance Program,
and various health-related programming and outreach*
<http://www.uwrf.edu/studenthealthandcounseling/>

COMMUNITY

- Canvas Health's Crisis Connection..... 612-379-6363
Telephone crisis counseling 24 hours/day, 7 days/week
<http://www.canvashealth.org/crisis-support/crisis-connection/>
- Family Means (also credit counseling services).....651-439-4840
<http://www.familymeans.org>
- Lutheran Social Services.....877-967-5577
<http://www.lsswis.org>
- NAMI (National Alliance on Mental Health)..... Denise Hackel 715-639-2078
*A national organization that provides education
and support for people who struggle with depression,
anxiety or any other mental illness and their loved ones.* <http://namiwisconsin.org/>
- Pierce County Mental Health Services.....715-273-6770 ext. 6774
http://www.co.pierce.wi.us/human%20services/mental_health.html
- Saint Croix County Mental Health Services 715-246-8255
<http://www.co.saint-croix.wi.us/>
- United Way Great Rivers 211 Wisconsin 715-386-4600
Comprehensive Information and Referral <http://www.greatrivers211.org>
- United Way 211 Minnesota.....800-543-7709
Comprehensive Information and Referral National Site <http://www.211.org>
- UW-Stout Clinical Services Center 715-232-2404
Individual, couples and family therapy dealing with a wide range of issues
<http://www.uwstout.edu/csc/services.cfm>
- Walk-In Counseling Center.....612-870-0565
*Counseling services for short-term, referral
and crisis intervention, Minneapolis, MN.* <http://www.walkin.org>

NUTRITION/HEALTHY EATING AND EATING DISORDERS

UW–RIVER FALLS

- Counseling Services 715-425-3884
*Personal counseling and various health-related programming,
outreach and referrals* <http://www.uwrf.edu/studenthealthandcounseling/>
- Student Health Services 715-425-3293
Health services, information, referral and programming
<http://www.uwrf.edu/studenthealthandcounseling/>
- University Food Service Office 715-425-4444
<http://www.uwrf.edu/dining>

COMMUNITY

- The American Dietetic Association..... 800-877-1600
<http://www.eatright.org>
Eating Disorder Referral Information Center <http://www.edreferral.com>
- National Association of Anorexia Nervosa 630-577-1330
& Associated Disorders (ANAD) Helpline <http://www.anad.org>
9 a.m.-5 p.m. M-F
- National Eating Disorders Association..... 800-931-2237
Information & Referral Helpline <http://www.nationaleatingdisorders.org>
- Overeaters Anonymous 612-377-1600
<http://www.overeaters.org>
- River Falls Food Pantry..... 715-425-6880
<http://www.rfcfp.org>

PREGNANCY, PARENTING & FAMILY

UW–RIVER FALLS

- Counseling Services 715-425-3884
Personal counseling and various health related programming and outreach.
<http://www.uwrf.edu/studenthealthandcounseling/>
- C.H.I.L.D. Center (Creative Hours in Learning Development) 715-425-0656
Campus Childcare <http://www.uwrf.edu/childcare>
- Student Health Services 715-425-3293
Pregnancy testing information, referral and programming
<http://www.uwrf.edu/studenthealthandcounseling/>

COMMUNITY

- Adoption Information Center 800-762-8063
<http://www.wiadoptioninfocenter.org>
- Child Care Partnership Resource & Referral Agency 800-782-1063
<http://www.westerndairyland.org>
- Pierce County Public Health, WIC 715-273-6755
(Women, Infant & Children nutrition program)
http://www.co.pierce.wi.us/public%20health/wic_physical_activity.html

Pierce County Economic Support (Health Insurance)	715-273-6788
http://www.co.pierce.wi.us/human%20services/economic%20support/economic_support_new.html	
Pierce County Human Services Child Protection	608-267-3905
and Children, Youth and Family Services	
http://dcf.wisconsin.gov/children/cps/index.htm	
Pierce County Reproductive Health.....	715-425-8003
http://www.co.pierce.wi.us/public%20health/reproductive_health.html	
Options for Women/River Falls	715-425-8539
<i>Support for women who are in an unplanned pregnancy (pro-life).</i>	
http://www.ofwrf.com/	
River Falls Area Hospital/Birth Center	715-307-6060
<i>Childbirth preparation classes</i>	
http://www.allinahealth.org/river-falls-area-hospital/services/birth-center/	
River Falls Area Hospital Emergency Room	715-307-6000
Newborn Relinquishment	
Safe Place for Newborns: Crisis Line	414-447-3030
<i>Birth parent can leave unharmed baby, up to 3 days old, with a hospital employee at any hospital in Wisconsin or Minnesota.</i>	
http://safeplacefornewborns.org/	
St. Croix County Department of Children Services	715-246-8285
http://www.co.saint-croix.wi.us/	
St. Croix County Department of Public Health	715-246-8263
http://www.co.saint-croix.wi.us/	
St. Croix County WIC (Women, Infants and Children)	715-246-8359
<i>Nutritional program that helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition and stay healthy.</i>	
http://www.co.saint-croix.wi.us/	
St. Croix County Department of Public Health-Reproductive Health	715-246-8365
http://www.co.saint-croix.wi.us/	
The National Abortion Federation Hotline	800-772-9100
www.prochoice.org	

SEXUAL ASSAULT & DOMESTIC VIOLENCE

UW-RIVER FALLS

Counseling Services	715-425-3884
<i>Personal counseling and various health related programming and outreach</i>	
http://www.uwrf.edu/studenthealthandcounseling/	
Escort Service “Safe Walk”	715-425-3133
<i>Co-sponsored by Campus Police and Sigma Tau Gamma</i>	
http://www.uwrf.edu/police/safetyprograms.cfm	
Sexual Assault Task Force	715-425-3293
http://stcroixvalleysart.org/	
Student Health Services	715-425-3293
<i>Health services, information, referral and programming</i>	
http://www.uwrf.edu/studenthealthandcounseling/	

Report Sexual Assault to at least one of the following:

Campus Police.....	715-425-3133
River Falls Police Department	715-425-0909
Office of Student Conduct and Community Standards.....	715-425-0720
Counseling Services	715-425-3884
Student Health Services	715-425-3293
Residence Life Staff.....	715-425-4555

COMMUNITY

Emergency	911
Pierce County Sheriff	715-273-5051
Pierce County Victim/Witness Program.....	715-273-6749
RAINN - The National Sexual Assault Hotline.....	800-656-Hope (4673) <i>Free. Confidential. 24/7.</i> www.rainn.org
River Falls Area Hospital	715-307-6000 <i>Participates in the S.A.N.E. - Sexual Assault Nurse Examiner - Program.</i>
River Falls Police	715-425-0909
Saint Croix County Sheriff.....	715-381-4320
Saint Croix Valley Sexual Assault Response Team (SART)	715-425-6443 <i>Access by calling 911, http://www.stcroixvalleysart.org/w, calling local law enforcement, going directly to hospital E.R. or contacting SART directly</i>
Saint Croix County Victim/Witness Assistance Program	715-386-4666 http://www.co.saint-croix.wi.us/
Turning Point for Victims of Domestic and Sexual Violence, Inc.	800-345-5104 <i>24 hours/day, 7 days/week crisis line, temporary shelter, education, advocacy and support, referral and information, women's and children's support groups.</i> http://www.turningpoint-wi.org

SEXUALITY, BIRTH CONTROL & REPRODUCTIVE HEALTH

UW-RIVER FALLS

Counseling Services	715-425-3884 <i>Personal counseling and various health related programming and outreach.</i> http://www.uwrf.edu/studenthealthandcounseling/
Student Health Services	715-425-3293 <i>Provides access to HIV testing; most STD testing and some treatment; pregnancy testing; pap and pelvic exams; emergency contraception; information, referrals, and programming</i> http://www.uwrf.edu/studenthealthandcounseling/

COMMUNITY

Aids Resource Center of Wisconsin	800-359-9272 <i>HIV prevention, education, comprehensive services, research, advocacy.</i> http://www.arcw.org
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- American Sexual Health Association 919-361-8400
<http://www.ashastd.org/>
- CDC Info Line..... 800-232-4636
 CDC based information on HIV/AIDS, STDs, <http://cdc.gov>
 Immunizations, Autism, and Disease Outbreaks covered in the media.
- Emergency Contraception 888-668-2528
<http://www.backupyourbirthcontrol.tumblr.com>
- Pierce County Reproductive Health Services 715-425-8003
 Has lower cost birth control and safer sex supplies. Pregnancy testing and
 STD testing with treatment if needed also available.
http://www.co.pierce.wi.us/public%20health/reproductive_health.html
- Planned Parenthood Express Woodbury 651-696-5550
www.plannedparenthood.org
- Red Door Services at Hennepin Cty. Public Health Clinic..... 612-543-5555
 Confidential diagnosis and treatment of STDs. www.reddoorservices.org
 Counseling and testing center for HIV/AIDS antibody test
- Vibrant Health Family Clinics 715-425-6701
 Mon.-Thur. 8 a.m.-8 p.m.; Fri. 8 a.m.-5 p.m.; Sat. 8 a.m. to 12 noon;
 Sun. Walk-in only for care of illness and minor injuries 10 a.m.-2 p.m.
<http://www.vibranthealthclinics.com/>
- St. Croix County Department of Public Health-Reproductive Health 715-246-8365
<http://www.co.saint-croix.wi.us>
- Wisconsin STD/HIV/Hep C Information & Referral Center 800-334-2437
 24 Hours a Day/7 Days a week <http://www.irc-wisconsin.org/>

SMOKING PREVENTION & CESSATION

UW-RIVER FALLS

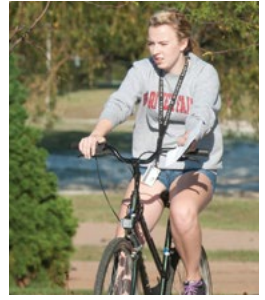
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- Student Health Services 715-425-3293
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<http://www.uwrf.edu/studenthealthandcounseling/>

COMMUNITY

- Western Wisconsin Working for Tobacco-Free Living (W3TFL) 715-485-8834
<http://www.w3tfl.org/>
- Saint Croix County Department of Health 715-246-8263
<http://www.co.saint-croix.wi.us>
- Wisconsin Tobacco Quit Line
 800-784-8669
www.ctri.wisc.edu/quitline.html

SPIRITUALITY

- Journey House Campus Ministry 715-425-2391
<http://journeyhousecampusministry.org/>
- Newman Center Catholic Chapel 715-425-7234
<http://www.newmanconnection.com/locations/detail/university-of-wisconsin-river-falls/st-thomas-more-newman-center-and-catholic-chapel>
- Various Campus Related Organizations (Involvement Center)..... 715-425-4444
<http://uwrf.orgsync.com/>



**UNIVERSITY OF
WISCONSIN**

River Falls
DIVISION OF STUDENT AFFAIRS

For updates or revisions please contact:
Alice Reilly-Myklebust
Student Health & Counseling Services at 715-425-3293