**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
Empowering people with disabilities 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
Therapeutic Services for Children & Adults 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
Evaluation and therapy for speech-language, hearing and swallowing
http://www.uwrf.edu/comd/languageandhearingclinic.cfm

UW-Stout Clinical Services Center ............................................................715-232-2404
Discounted assessments for potential learning and cognitive disabilities.
http://www3.uwstout.edu/csc/services.cfm

**FITNESS, EXERCISE AND RECREATION**

**UW–RIVER FALLS**

Recreation and Sports Facilities ..............................................................715-425-4289

*Hunt Arena (Ice Skating)*
http://www.uwrf.edu/recreationandsportfacilities/openrecreation/openskating.cfm

*Intramurals* http://www.uwrf.edu/recreationandsportfacilities/intramurals/index.cfm

*KinniConnections (Outdoor recreational adventure program)*
http://www.uwrf.edu/recreationandsportfacilities/falconoutdooradventures/index.cfm

*Knowles (Tennis, Track, Basketball, Volleyball, Wall climbing)*
http://www.uwrf.edu/fieldhouse

*Karges (Gymnasium and dance studio - Call for times of availability)*
http://www.uwrf.edu/recreationandsportfacilities/kargescenter.cfm

Emogene Nelson Center ..............................................................................715-425-3705

*Strength and Conditioning Center, Aerobics Studio and Human Performance Lab*
http://www.uwrf.edu/hhp/nelsoncenter.cfm

Student Health and Counseling .................................................................715-425-3884

Wellness programming such as health fair and classes such as yoga, meditation, tai chi, etc.
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

**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.

**COMMUNITY**

Out Front ................................................................. 800-800-0350
Gay, lesbian, bisexual, transgender and allied committees.

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

**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 Department ....................................................................... 715-273-6755
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.

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 Wisconsin .................................................... 800-362-8255
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 & Associated Disorders (ANAD) Helpline  
630-577-1330  
http://www.anad.org

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
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
Support for women who are in an unplanned pregnancy (pro-life).
http://www.ofwrf.com/

River Falls Area Hospital/Birth Center .......................................... 715-307-6060
Childbirth preparation classes
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
Birth parent can leave unharmed baby, up to 3 days old, with
a hospital employee at any hospital in Wisconsin or Minnesota.
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
Nutritional program that helps eligible pregnant women, new mothers, babies
and young children eat well, learn about nutrition and stay healthy.
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
Personal counseling and various health related programming and outreach
http://www.uwrf.edu/studenthealthandcounseling/

Escort Service “Safe Walk” .......................................................... 715-425-3133
Co-sponsored by Campus Police and Sigma Tau Gamma
http://www.uwrf.edu/police/safetyprograms.cfm

Sexual Assault Task Force ........................................................... 715-425-3293
http://stcroixvalleysart.org/

Student Health Services ............................................................... 715-425-3293
Health services, information, referral and programming
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)
Free. Confidential. 24/7. www.rainn.org
River Falls Area Hospital ...................................................... 715-307-6000
Participates in the S.A.N.E. - Sexual Assault Nurse Examiner - Program.
River Falls Police ............................................................... 715-425-0909
Saint Croix County Sheriff .................................................. 715-381-4320
Saint Croix Valley Sexual Assault Response Team (SART) .......... 715-425-6443
Access by calling 911,
calling local law enforcement,
going directly to hospital E.R.
or contacting SART directly

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
24 hours/day, 7 days/week crisis line,
temporary shelter, education, advocacy
and support, referral and information,
women's and children's support groups.

SEXUALITY, BIRTH CONTROL & REPRODUCTIVE HEALTH

UW–RIVER FALLS
Counseling Services ............................................................. 715-425-3884
Personal counseling and various health related programming and outreach.
http://www.uwrf.edu/studenthealthandcounseling/

Student Health Services ....................................................... 715-425-3293
Provides access to HIV testing; most STD testing and some treatment;
pregnancy testing; pap and pelvic exams; emergency contraception;
information, referrals, and programming
http://www.uwrf.edu/studenthealthandcounseling/

COMMUNITY
Aids Resource Center of Wisconsin ............................................. 800-359-9272
HIV prevention, education, comprehensive services, research, advocacy.
http://www.arcw.org
American Sexual Health Association ......................................................... 919-361-8400  
http://www.ashastd.org/

CDC Info Line .......................................................................................... 800-232-4636  
CDC based information on HIV/AIDS, STDs, 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**

Counseling Services ................................................................. 715-425-3884  
Cessation counseling, personal counseling and various health-related programming and outreach  
http://www.uwrf.edu/studenthealthandcounseling/

Student Health Services ............................................................... 715-425-3293  
Health Services, information, referral and programming  
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  

Various Campus Related Organizations (Involvement Center) ............... 715-425-4444  
http://uwrf.orgsync.com/