A Handbook of UWRF Campus and River Falls Community Resources for A Healthier Lifestyle
Offered by: UWRF Student Health and Counseling Services
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](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](http://www.uwrf.edu/studenthealthandcounseling)

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

  [http://www.uwrf.edu/studenthealthandcounseling](http://www.uwrf.edu/studenthealthandcounseling)

Community

Al-Anon/Alateen ........................................................................ 888-425-2666
  [http://www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Alcoholics Anonymous ................................................................... 651-227-5502
  *St. Paul*
  [http://www.aastpaul.org](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](http://www.samhsa.gov)

Career

**UW–River Falls**

Career Services ............................................................................. 715-425-3572
  *All aspects of career planning & job search assistance*

  [http://www.uwrf.edu/careerservices](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/](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](http://www.cilww.com)
Courage Center ......................................................................................... 888-519-0014  http://www.couragecenter.org

Empowering people with disabilities

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  http://www.stcroixtheraphy.org

St. Croix Therapy ...................................................................................... 715-386-2128  http://www.stcroixtheraphy.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/ commod/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)
https://www.uwrf.edu/campusrec/openrecreation/index.cfm

Intramurals
https://www.uwrf.edu/campusrec/intramuralsports/index.cfm

Falcon Outdoor Adventures (Outdoor recreational adventure program)
https://www.uwrf.edu/campusrec/falconoutdooradventures/index.cfm

Open Recreation (Tennis, Track, Basketball, Volleyball, Wall climbing)
https://www.uwrf.edu/campusrec/openrecreation/index.cfm

Karges (Gymnasium and dance studio - Call for times of availability)
https://www.uwrf.edu/aboutus/explore/athleticsandrecreation/rakargascenter.cfm

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

Strength and Conditioning Center, Aerobics Studio and Human Performance Lab
https://www.uwrf.edu/aboutus/explore/index.cfm?building=emogenenelsoncenter

Student Health and Counseling.............................................................. 715-425-3884  Wellness programming such as health fair and classes such as yoga, meditation, tai chi, etc.  https://www.uwrf.edu/studenthealthandcounseling/wellness/wellnessevents.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, https://orgsync.com/19274/chapter
social opportunities, and political action.

COMMUNITY
Out Front ..................................................................................................... 800-800-0350
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
https://www.pflag.org/home

HEALTH

UW–RIVER FALLS
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 (Environmental health and safety concerns)............ 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) .............................................. 715-639-2078
Denise Hackel
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
Eating Disorder Referral Information Center http://www.eatright.org
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

PHARMACIES

COMMUNITY

Family Fresh Pharmacy, 303 South Main Street .......... 715-425-8494, FAX 715-425-8405
Freeman Drug Inc., 104 South Main Street ..................... 715-425-2255, FAX 715-425-2889
Shopko Pharmacy, 1777 Paulson Road ...................... 715-425-6272, FAX 715-425-5399
Walgreens Pharmacy, 1047 N. Main St. ..................... 715-426-4089, FAX 715-426-4095

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
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**

Campus Victim Advocate .................................................................715-425-3884 or 715-425-6751

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 Coalition ............................................................................ 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, http://www.stcroixvalleysart.org/w
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 & CESSION

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