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
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
Chancellor’s Advisory Council on Alcohol, Tobacco and Other Drugs........ 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......................................... 715-246-6991

SAMHSA-Substance Abuse and Mental Health Services Administration
Treatment locator and help line ......................................................... 1-800-662-4357
Information, publications, data, etc. http://www.samhsa.gov

CAREER

UW–RIVER FALLS
Career Services .................................................................................. 715-425-3572
All aspects of career planning http://www.uwrf.edu/careerservices
& job search assistance

COMMUNITY

St. Croix Valley Job Center ................................................................. 715-426-0388
Job search assistance http://www.wisconsinjobcenter.org/directory/wda08/1135.htm

Workforce Resource ........................................................................... 715-426-0388
Job search assistance https://www.workforceresource.org/seekers_locations.html
**DISABILITIES**

**UW–RIVER FALLS**

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

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

**COMMUNITY**

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

Courage Kenny Rehabilitation Institute............................................. 715-307-6050
Empowering people with disabilities
http://www.couragecenter.org

Division of Workplace Development ................................................ 800-442-3477
https://dwd.wisconsin.gov/

Epilepsy Foundation of Western Wisconsin ...................................... 715-834-4455
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-Stout Clinical Services Center .................................................... 715-232-2404
Discounted assessments for potential learning and cognitive disabilities.
http://wwwcs.uwstout.edu/csc/index.cfm

**DIVERSITY AND INCLUSION**

**UW–RIVER FALLS**

Center for Diversity, Inclusion and Belonging .................................. 715-425-3300
https://www.uwrf.edu/inclusivity/

Identity Groups
https://www.uwrf.edu/Inclusivity/studentorganizations.cfm

**COMMUNITY**

National Council ............................................................................. 281-975-0626
http://www.nationaldiversitycouncil.org/

**FITNESS, EXERCISE AND RECREATION**

**UW–RIVER FALLS**

Campus Recreation ........................................................................... 715-425-7289
https://www.uwrf.edu/campusrec/

Events and Tournaments, Falcon Outdoor Adventures, Fitness, Hunt Arena Skate School, Instructional Programs, Intramural Sports, Open Recreation and Sport Clubs.

**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/

In Balance Yoga & Fitness .................................................................. 715-307-0543
http://www.inbalanceyogafitness.com

Peekaboo Boxing ............................................................................ 715-220-0284
http://peekabooboxingfitness.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/

LGBTQIA+ RESOURCES

UW–River Falls
Center for Inclusion, Diversity and Belonging ................................. 715-425-3300
https://www.uwrf.edu/inclusivity/

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

Community

Out Front ......................................................................................... 800-800-0350
Gay, lesbian, bisexual, transgender and allied committees.
http://www.outfront.org

LGBT 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 and Safety

UW–River Falls
University Police ........................................................................... 715-425-3133
https://www.uwrf.edu/police/

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 local 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.htm

River Falls Area Ambulance Service .......................................................... 715-425-0370
https://www.rfcity.org/205/emergency-medical-services

River Falls Area Hospital ............................................................................... 715-307-6000
https://www.allinahealth.org/river-falls-area-hospital/

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.
https://www.sccwi.gov/174/public-health

American Red Cross of Minnesota .................................................. 612-871-7676
First Aid and CPR classes.
http://www.redcross.org/local/minnesota

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.
https://www.wisconsinpoison.org/poison-home

Allina Health River Falls Clinic .......................................................... 715-307-6600
Not covered by Student Health Services
https://account.allinahealth.org/locations/1765

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 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**
Adulteen Counseling ...............................................................Brian Crim, 715-410-5822
http://www.adulteencounseling.com
Allina Clinic ..............................................................................Roberta Singerhouse, PsyD, 715-307-6600
Psychological testing including ADD/ADHD as well as individual therapy
https://wellness.allinahealth.org/providers/18524#seemefor
Arbor Place Inc. ............................................................................715-235-4537
https://arborplaceinc.org/
Family Means (also credit counseling services)....................................651-439-4840
http://www.familymeans.org
Free Counseling Center in River Falls........................................http://freecounselingcenter.org/contactus/
NAMI (National Alliance on Mental Health)...................................608-301-5440
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/
PeaceTree Counseling ..................................................................715-417-3241
peacetreecounseling.com
Pierce County Mental Health Services........................................715-273-6770 ext. 6774
http://www.co.pierce.wi.us/human%20services/mental_health.html
River Falls Counseling, LLC......................................................James Davis, 715-222-9878
riverfallscounseling.com
Saint Croix County Mental Health Services................................715-246-8255
https://www.sccwi.gov/250/behavioral-health-services
United Way Great Rivers 211 Wisconsin .......................................800-362-8255
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
Healthy Eating, Food Insecurity 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/

UWRF Dining Services ............................................................... 715-425-4403
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

Fare for All

National Association of Anorexia Nervosa ........................................... 630-577-1330
& Associated Disorders (ANAD) Helpline 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

Food Share
https://www.dhs.wisconsin.gov/foodshare/index.htm

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
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

Pierce County Public Health, WIC .............................................. 715-273-6758
(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
https://dcf.wisconsin.gov/cps/reportabuse

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 ..................................... 715-307-6330
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 ................................. 1-877-440-2229
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 ................. 715-246-8260
https://www.sccwi.gov/270/children-services

St. Croix County Department of Public Health ............................ 715-246-8263
https://www.sccwi.gov/174/public-health

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.
https://www.sccwi.gov/293/wic

St. Croix County Department of Public Health-Reproductive Health .... 715-246-8365
https://www.sccwi.gov/290/reproductive-health

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
  http://www.uwrf.edu/police/safetyprograms.cfm

Sexual Assault Coalition ............................................................... 715-425-3293
  https://www.uwrf.edu/studentconductandcommunitystandards/
  sexualassaultandharassment/sexualassaultcoaliiton.cfm

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

Violence Prevention Coordinator .................................................. 715-425-3884

Report Sexual Assault to at least one of the following:
To report to the University: Title IX Coordinator ......................... 715-452-4603
To report to the police: University Police ..................................... 715-425-3133
To report confidentially: Victim Advocate or Violence Prevention Coordinator ........................................ 715-425-3884 (campus)

COMMUNITY

Emergency .................................................................................. 911

Office of Crime Victim Services  https://www.doj.state.wi.us/ocvs
Pierce County Sheriff ................................................................. 715-273-5051
Pierce County Victim/Witness Program ....................................... 715-273-6749
RAINN - The National Sexual Assault Hotline ......................... 800-656-4673
  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
  http://www.stcroixvalleysart.org/w

Saint Croix County Victim/Witness Assistance Program ............... 715-386-4666
  https://www.sccwi.gov/303/victim-witness-assistance-program

Turning Point for Victims of Domestic and Sexual Violence, Inc. ........ 800-345-5104
  24 hours/day, 7 days/week crisis line, text to 715-821-8626
  temporary shelter, education, advocacy
  and support, referral and information,
  women’s and children’s support groups.
  http://www.turningpoint-wi.org

RePRODUCTIVE HEALTH, BIRTH CONTROL AND STI/STDs

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.ashasexualhealth.org/

CDC Info Line ............................................................................. 800-232-4636
http://cdc.gov

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. Counseling and testing center for HIV/AIDS antibody test.
https://www.reddoorclinic.org/

Vibrant Health Family Clinics .................................................... 715-425-6701
by appointment: Mon.-Thurs 8 a.m.-8 p.m. and Fri. 8 a.m.-5 p.m.
Urgent Care (walk-in only): Sat. and Sun. 8 a.m.-5 p.m.
http://www.vibranthealthclinics.com/

St. Croix County Department of Public Health-Reproductive Health........ 715-246-8365
https://www.sccwi.gov/290/reproductive-health
Search Phrase: Reproductive Health

Wisconsin STD/HIV/Hep C Information & Referral Center............... 800-334-2437
24 Hours a Day/7 Days a week
http://www.arcw.org/aidsline/

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

Wisconsin Tobacco Quit Line ....................................................... 800-784-8669
https://ctri.wisc.edu/quit-line/
SPIRITUALITY

UW–RIVER FALLS

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

Street Level Ministries .............................................................................. 612-405-9033
http://www.jfbelievers.com/riverfalls/jfb/index.html#header4-29

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

COMMUNITY

There are many houses of faith in the River Falls area including, but not limited
to, Christian, Jewish and Buddhist. We suggest using a search engine to locate one
which you might find of interest.