

Counseling and Health Services Available at UMKC: UMKC students may experience many challenges in their lives while attending college – stress, depression, suicidality, trauma, relationship issues, health concerns and more. We care about your success and well-being, and want to make you aware of some helpful resources on campus.

The **UMKC Counseling Center** (www.umkc.edu/counselingcenter) offers a wide range of supportive services to students. Appointments can be made by calling 816.235.1635. **UMKC Student Health and Wellness** (<http://info.umkc.edu/studenthealth/>) offers a full range of health care and promotion services. Appointments can be scheduled online or by calling 816.235.6133. The **MindBody Connection** (www.umkc.edu/mindbody) is located in the Atterbury Student Success Center in Room 112 and offers a variety of stress-reduction services.

<p>UMKC Counseling Service Volker Campus Brookside 51 Building 5110 Oak Street, Suite 201 Kansas City, MO Phone – (816) 235-1635</p>	<p>Student Health and Wellness Brookside 51 Building 5110 Oak Street, Suite 237 Phone - (816) 235-6133</p>
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Additional services are provided for students located at the SOP distant campuses:

MU Student Health Center

- <http://studenthealth.missouri.edu/>
- Offers medical, mental health and wellness services.
- Location: University Physicians Medical Bldg, 4th floor, 1020 Hitt Street, Columbia
 - (573) 882-7481

MU Counseling Center

- <https://counseling.missouri.edu/services/>
- Services include individual psychotherapy; group therapy; couples counseling; crisis intervention; psycho-educational workshops; outreach presentations; consultation to students and parents; and psychological and educational testing.
- Location: 119 Parker Hall, Columbia
 - (573) 882-6701

Magers Health and Wellness Center

- <http://health.missouristate.edu>
- Offers medical, health and wellness services.
- Location: Magers Health and Wellness Center, Missouri State University, 715 S Florence Ave, Springfield
 - (417) 836-4000

MSU Counseling Center

- <https://counselingcenter.missouristate.edu/>
- Services to students include personal, individual, couples and group counseling; consultation/referrals; and educational programs regarding stress management, healthy relationships, effective communication, time management, anger management and substance abuse issues.
- Location: Magers Health and Wellness, Suite 304, 715 S Florence Ave, Springfield
 - (417) 836-5116

Emergency/Crisis Services - Crisis intervention is provided to deal with situations that require immediate attention. During office hours, go to the Counseling Center, Carrington Hall, Room 311. A clinician is always available to meet with students. After hours, call Missouri State University Safety and Transportation at (417) 836-5509 and they will get in touch with the clinician on call. Do not attempt to contact the center for a crisis by e-mail.