Where to Ask for Help at UMN Twin Cities

If there is an emergency of any kind, start by calling 911.

Help for Suicidality and Mental Health Concerns

- 911
- Student Counseling Service: 612-624-3323
- Boynton Mental Health Clinic: 612-624-1444
- Not sure whether to contact the Student Counseling Service or the Boynton Mental Health Clinic? More information on the differences is here: z.umn.edu/CounselingOptions.
- Disability Resource Center: 612-626-1333
- International Student and Scholar Services: 612-626-7100
- University of Minnesota Police Department: 612-624-3550

Help for Sexual Assault

- 911
- The Aurora Center: legal, medical, academic, and training support for survivors, victims, and individuals concerned about another concerning sexual assault, relationship violence, or stalking
  - Mon-Fri 8:00-4:30: text “TALK” to 612-615-8911
  - 24-hour Hotline: 612-626-9111
- Gender and Sexuality Center for Queer and Trans Life: 612-625-0537
- Kimberly Hewitt, Title IX Coordinator in Equal Opportunity and Affirmative Action: 612-624-9547
- National Sexual Assault 24-hour Hotline: 1-800-656-4673
- Trevor Project Helpline, which is especially LGBT-focused:
  - Text “Trevor” to 202-304-1200
  - 24-hour Helpline: 866-488-7386
- University of Minnesota Police Department: 612-624-3550

Help for Prejudice and Hate Crimes

- 911
- University of Minnesota Police Department: 612-624-3550
- Equal Opportunity and Affirmative Action: 612-624-9547
- The Aurora Center: legal, medical, academic, and training support for survivors, victims, and individuals concerned about another concerning sexual assault, relationship violence, or stalking
  - Mon-Fri 8:00-4:30: text “TALK” to 612-615-8911
  - 24-hour Hotline: 612-626-9111

Help for Access, Disability, or Mental Health Accommodations

- Disability Resource Center: reports that over half of students they work with list mental health as their primary disability: 612-626-1333

Prepared by Communications & Outreach Subcommittee of the Council of Graduate Students Mental Health & Wellness Committee
Last update: 10/10/2016
Help for Students who are Parents
  • Student Parent Help Center: 612-626-6015

Help for International Students
  • International Student and Scholar Services: 612-626-7100
  • Multicultural Center for Academic Excellence: 612-624-6386
  • Student Cultural Centers: Second floor of Coffman Union

Help for LGBTQ Students
  • Gender and Sexuality Center for Queer and Trans Life: 612-625-0537
  • Trevor Project: Helpline for suicidality
    ○ Text “Trevor” to 202-304-1200
    ○ 24-hour Helpline: 866-488-7386

Help for Students of Color
  • Office for Diversity in Graduate Education: 612-625-6858
  • Equal Opportunity and Affirmative Action: 612-624-9547

Help for Women
  • Women’s Center: 612-625-9837
  • Kimberly Hewitt, Title IX Coordinator in Equal Opportunity and Affirmative Action: 612-624-9547

Help for Professional and Student Conflicts
  • Student Conflict Resolution Center: 612-624-7272

Help for Academic Stress & Support
  • Student Counseling Service: 612-624-3323
  • Writing Center: 612-626-7579 Disability Resource Center: 612-626-1333

Help for Complex Cases & Coordination of Services
  • Emily O’Hara, Care Manager at the Office for Student Affairs: 612-625-2517