

CAMPUS AND COMMUNITY RESOURCE GUIDE

(2009)

ACADEMIC ADVISING	
Information	See The University of Montana Catalog at: http://www.umt.edu/catalog/
Campus Resources	<ul style="list-style-type: none">• Undergraduate Advising Center 243-2835 EL 262 http://www.umt.edu/uac http://www.umt.edu/uac/Handbook/handbook.htm• Mathematics Placement www.umt.edu/mathplacement• TRIO 243-5032 Trio.SSS@mso.umt.edu www.umt.edu/trioss• Academic Support Center, College of Technology 243-7878 243-7826

ADMISSION	
Campus Resources	<ul style="list-style-type: none">• Enrollment Services Lommasson Center Room 101 243-6266 http://admissions.umt.edu• Enrollment Services, College of Technology 243-7811• Graduate School Lommasson Center Room 224 243-2572 http://life.umt.edu/grad/name/Home

ADOPTION	
Community Resources	<ul style="list-style-type: none">• Catholic Social Services 1-800-BABY-DUE

	<p>728-5429 420 West Pine www.catholicsocialservicesofmontana.org</p> <ul style="list-style-type: none"> • Lutheran Social Services 549-0147 725 W Alder #2 www.lssmt.org • Missoula Youth Homes 721-2754 721-2704 www.youthhomes.com • Dan Fox Foster Care & Adoption 543-7792 515 S. Reserve St. #5
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ADVOCATES	
Information	UM Advocates is a student group to meet needs of students transitioning from High School to college.
Campus Resources	<ul style="list-style-type: none"> • Advocates 243-5874 Brantly Hall Room 230 www.umt.edu/sa/umadv

AGING	
Community Resources	<ul style="list-style-type: none"> • Missoula Aging Services 728-7682 337 Stephens www.missoulaagingservices.org • Partners in Home Health Care 728-8848 2687 Palmer, Suite B www.partnersinhomecare.org • MT Elder Abuse Hotline 1-800-322-6100 • Elder Abuse/Adult Protective Services 329-1309 • Senior Help Line and Resource Center 728-7588 1-800-551-3191 337 Stephens

	<ul style="list-style-type: none"> • MEDICAB 1-800-292-7116 • Community Medical Center Nutrition Center 728-4100 Ext. 7487 2827 Fort Missoula Road • Interim Health Care 2434 Kemp St • Partnership Health Center 523-4789 258-4789 323 W. Alder St. www.co.missoula.mt.us/phc/phcweb/index.html • Seeley-Swan Medical Center 406-677-2277 3050 Hwy 83 N. Seeley Lake, MT www.seeleylakemedicalcener.org • St. Patrick Hospital Senior Service Program 329-5741 500 W Broadway • Foster Grandparent Program Missoula Aging Services 728-7682 227 W Front www.missoulaagingservices.org • Women of a Certain Age 542-3400 1637 S. Higgins http://www.wellness.com/dir/2352833/preventive-medicine-specialist/mt/missoula/patricia-hennessy-women-of-a-certain-age-md
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AIDS & HIV	
Campus Resources	<ul style="list-style-type: none"> • Curry Health Center (testing) 243-2122 • Curry Health Center (information/awareness) Health Enhancement 243-2809 http://www.umt.edu/curry/HE/

Community Resources

- Ryan White Title II & III Services
Partnership Health Center
406-258-7165
323 W. Alder St.
<http://www.co.missoula.mt.us/phc/phcweb/index.html>
- Missoula AIDS Counsel
543-4770
127 N. Higgins #207
<http://www.peopleshive.com/>
- Missoula AIDS Counsel Housing Assistance Program
543-4775
<http://www.peopleshive.com/>
- AIDS Hotline
National – General 1-800-342-2437
National – Spanish 1-800-344-7432
Montana 1-800-233-6668
- Sexually Transmitted Diseases Hotline
1-800-277-8922
- STD/HIV & Partner Notification
Missoula City County Health Department
406-258-3896
- Missoula Indian Center
839-9515
Building #33, Fort Missoula Road
<http://www.missoulaindiancenter.org/>
- Missoula County Health Department
285-4750
301 W. Alder
<http://www.co.missoula.mt.us/Health/>
- Partners in Home Health Care
728-8848
2687 Palmer, Suite B
www.partnersinhomecare.org
- Partnership Health Center
258-4789
323 W. Alder
<http://www.co.missoula.mt.us/phc/phcweb/index.html>
- First Call for Help
549-5555 or 211

ALCOHOL

Information	<p>Information from SAMSHA:</p> <p>Alcoholism, also known as “alcohol dependence,” is a disease that includes four symptoms:</p> <ul style="list-style-type: none"> • Craving: A strong need, or compulsion, to drink. • Loss of control: The inability to limit one’s drinking on any given occasion. • Physical dependence: Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, occur when alcohol use is stopped after a period of heavy drinking. • Tolerance: The need to drink greater amounts of alcohol in order to “get high.” <p>People who are not alcoholic sometimes do not understand why an alcoholic can’t just “use a little willpower” to stop drinking. However, alcoholism has little to do with willpower. Alcoholics are in the grip of a powerful “craving,” or uncontrollable need, for alcohol that overrides their ability to stop drinking. This need can be as strong as the need for food or water.</p> <p>Although some people are able to recover from alcoholism without help, the majority of alcoholics need assistance. With treatment and support, many individuals are able to stop drinking and rebuild their lives.</p> <p>Many people wonder why some individuals can use alcohol without problems but others cannot. One important reason has to do with genetics. Scientists have found that having an alcoholic family member makes it more likely that if you choose to drink you too may develop alcoholism. Genes, however, are not the whole story. In fact, scientists now believe that certain factors in a person’s environment influence whether a person with a genetic risk for alcoholism ever develops the disease. A person’s risk for developing alcoholism can increase based on the person’s environment, including where and how he or she lives; family, friends, and culture; peer pressure; and even how easy it is to get alcohol.</p>
Campus Resources	<ul style="list-style-type: none"> • Self Over Substance (S.O.S.) 243-4711 Curry Health Center 634 Eddy Ave
Community Resources	<ul style="list-style-type: none"> • AA- Alcoholics Anonymous 543-0011 or 523-7799 www.alcoholics-anonymous.org • Alcohol & Treatment 24 Hour Help Line 1-800-477-6751

	<ul style="list-style-type: none"> • Missoula Indian center 329-9515 Building #33, Fort Missoula Road www.missoulaindiancenter.com • Substance Abuse Treatment & Referral Hotline 1-800-662-4357 • Community Care 330 E Main 549-2890 www.communitycaremissoula.org • Missoula Forum for Children and Youth 258-3798 Office of Planning & Grants 435 Ryman • Project Success Big Sky High School: 728-2400 Hellgate High School: Ext. 6048 Sentinel High School: Ext. 7612 Willard Alternative Learning Center: Ext. 4760 • St. Pat's Addiction Treatment Program 327-3020 500 W Broadway www.saintpatrick.org/atp • Turning Point Addiction Services 532-9800 1325 Wyoming St • Focus on Recovery 1-800-888-9383 • Share House 532-9830 • First Call for Help 549-5555 or 211 • http://www.collegedrugabuse.com/ • http://www.yic.gov/drugfree/alcabuse.html
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ALTERNATIVE DISPUTE RESOLUTION	
Information	Mediation: A non-adversarial third party intervention to resolving conflict.
Campus Resources	<ul style="list-style-type: none"> • Student Resolution Officer

	<p>243-5431 University Center Room 105 www.umt.edu/asum/sro.htm</p>
Community Resources	<ul style="list-style-type: none"> Community Dispute Resolution Center 543-1157

ALUMNI	
Campus Resources	<ul style="list-style-type: none"> Alumni Association 243-5211 http://www.grizalum.org/

AMERICAN INDIAN SERVICES	
Campus Resources	<ul style="list-style-type: none"> American Indian Student Services 243-6306 Lommasson Center Room 227 http://life.umt.edu/AISS Native American Studies Peer Mentoring NAS Building 243-5831 KYI-YO Indian Club 243-5302 600 University Ave http://www.umt.edu/kyiyo/
Community Resources	<ul style="list-style-type: none"> Missoula Indian Center 839-9515 Building#33, Fort Missoula Road www.missoulaindiancenter.com Tribal Health and Human Services St. Ignatius, MT 1-888-835-8766 406-745-3525

AMERICORP	
Campus Resources	<ul style="list-style-type: none"> Campus Compact 243-5177 302 University Hall www.mtcompact.org

ATHLETICS	
Campus Resources	<ul style="list-style-type: none"> Athletics 243-5331

	Hoyt Athletic Complex Room 200 www.montanagrizzlies.com
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BLACKBOARD	
Information	Blackboard is used for online classes and online supplements to classes
Campus Resources	<ul style="list-style-type: none"> IT Central Social Science 120 243-4357 ITCentral@umontana.edu

CALENDARS & SCHEDULES	
Campus Resources	<ul style="list-style-type: none"> Academic Calendar http://www.umt.edu/provost/academiccalendar.htm Calendar of Arts http://www.sfa.umt.edu/umcalendar2/umevents.html Class Schedule www.umt.edu/cyberbear Finals Schedule http://www.umt.edu/registrar/finals_schedules.htm Orientation http://admissions.umt.edu/orientation.html UM Events Calendar http://news.umt.edu/index.php?option=com_jcalpro&Itemid=54&extmode=cal Adams Center http://www.adamseventcenter.com/
Community Resources	<ul style="list-style-type: none"> Missoula Events http://www.missoulaevents.net/

CAMPUS SECURITY	
Campus Resources	<ul style="list-style-type: none"> Office of Public Safety 243-6131 Physical Plant Building 32 http://www.umt.edu/publicsafety/ Office of Public Safety Emergency Reporting 243-4000

	Physical Plant Building 32 http://www.umt.edu/publicsafety/
Community Resources	<ul style="list-style-type: none"> • 911

CAREER SERVICES	
Campus Resources	<ul style="list-style-type: none"> • Career Services 243-2022 Lommasson Center Room 154 www.umt.edu/career • Career Services – College of Technology 243-7884 900 South Avenue West cotcareers@mso.umt.edu http://www.umt.edu/career • TRIO 243-5032 Trio.SSS@mso.umt.edu www.umt.edu/trioss
Community Resources	<ul style="list-style-type: none"> • Job Service 728-7060 529 S. 3rd St. West www.employmissoula.com • Vocational Rehabilitation Service 329-5400 1610 S. 3rd W., Suite 110 http://www.dphhs.mt.gov/dsd/mvr.shtml • Welfare to Work 728-7060 539 S. 3rd W. • Women’s Opportunity Resource Development (WORD) 543-3550 127 N. Higgins http://www.wordinc.org/ • WORC Center Community Medical Center 728-4100 2827 Fort Missoula Rd http://www.cmcmissoula.org/

CHILD CARE	
Campus Resources	<ul style="list-style-type: none"> • ASUM Child Care

	<p>243-2542 University Center Room 119 www.umt.edu/childcare</p> <ul style="list-style-type: none"> • Child Care + http://www.ccplus.org/
Community Resources	<ul style="list-style-type: none"> • Early Head Start 251-9410 2121 39th St www.headstartmt.org • Head Start 728-5460 1001 Worden www.headstartmt.org • Child Care Resources 728-6446 127 E. Main, Suite 314 www.childcareresources.org • Flagship After School Program 532-9827 1325 Wyoming Street

CHILD SUPPORT	
Community Resources	<ul style="list-style-type: none"> • Child Support Enforcement Division 1-800-346-5437 406-442-5437 • Child Support Recovery Services PO Box 2405 Big Fork, MT 1-800-570-4723

CLOTHING	
Community Resources	<ul style="list-style-type: none"> • YWCA Secret Seconds Store 549-1610 1136 W. Broadway http://www.ywcaofmissoula.org/ • Goodwill Industries 549-6969 2300 Brooks • Loyola Sacred Heart Bargain Corner 543-4926

	<p>Corner of California St. and S. 1st St. http://www.missoulacatholicschools.org/loyolafoundation/default.asp?file=default&pageid=BargainCorner</p> <ul style="list-style-type: none"> • Salvation Army 549-0710 339 W. Broadway http://www.salvationarmynw.org/thrift.asp
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COPIES/FAXES	
Campus Resources	<ul style="list-style-type: none"> • Campus Quick Copy 243-2679 UC, First Floor www.umt.edu/campusquickcopy

CONTINUING EDUCATION & LIFE LONG LEARNING	
Campus Resources	<ul style="list-style-type: none"> • Continuing Education James E. Todd Building, Third Floor 243-2900 http://www.umt.edu/ce
Community Resources	<ul style="list-style-type: none"> • Dickenson Life Long Learning Center 542-4015 310 S. Curtis www.dllc.montana.com

COUNSELING, MENTAL HEALTH	
Information	<p>Information provided by National Alliance on Mental Illness:</p> <p>Mental illnesses are medical conditions that disrupt a person’s thinking, feeling, mood, ability to relate to others, and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.</p> <p>Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD), and borderline personality disorder. The good news about mental illness is that recovery is possible.</p> <p>Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character, or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.</p> <p>In addition to medication treatment, psychosocial treatment such as cognitive behavioral therapy, interpersonal therapy, peer support groups, and other community services can also be components of a treatment plan and that assist with recovery. The availability of transportation, diet, exercise, sleep, friends, and meaningful paid or volunteer activities</p>

	<p>contribute to overall health and wellness, including mental illness recovery.</p> <p>Here are some important facts about mental illness and recovery:</p> <ul style="list-style-type: none"> • Mental illnesses are biologically based brain disorders. They cannot be overcome through "will power" and are not related to a person's "character" or intelligence. • Mental disorders fall along a continuum of severity. Even though mental disorders are widespread in the population, the main burden of illness is concentrated in a much smaller proportion — about 6 percent, or 1 in 17 Americans — who suffer from a serious mental illness. It is estimated that mental illness affects 1 in 5 families in America. • The World Health Organization has reported that four of the 10 leading causes of disability in the US and other developed countries are mental disorders. By 2020, Major Depressive illness will be the leading cause of disability in the world for women and children. • Mental illnesses usually strike individuals in the prime of their lives, often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable. • Without treatment the consequences of mental illness for the individual and society are staggering: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives; The economic cost of untreated mental illness is more than 100 billion dollars each year in the United States. • The best treatments for serious mental illnesses today are highly effective; between 70 and 90 percent of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports. • With appropriate effective medication and a wide range of services tailored to their needs, most people who live with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence. A key concept is to develop expertise in developing strategies to manage the illness process. • Early identification and treatment is of vital importance; By ensuring access to the treatment and recovery supports that are proven effective, recovery is accelerated and the further harm related to the course of illness is minimized. • Stigma erodes confidence that mental disorders are real, treatable health conditions. We have allowed stigma and a now unwarranted sense of hopelessness to erect attitudinal, structural and financial barriers to effective treatment and recovery. It is time to take these barriers down.
<p>Campus Resources</p>	<ul style="list-style-type: none"> • Clinical Psychology Center 1444 Mansfield Avenue Missoula, MT 59812 243-2367 http://psychweb.psy.umt.edu/www/graduate_clinical_facilities.asp • Counseling & Psychological Services (CAPS)

	<p>Curry Health Center 243-4711 http://www.umt.edu/curry/CAPS/</p> <ul style="list-style-type: none"> • Self Over Substance Curry Health Center 243-4711 http://www.umt.edu/curry/SOS/ • Student Assault Resource Center (SARC) 243-6559 Curry Health Center 634 Eddy St. http://www.umt.edu/curry/SARC/
Community Resources	<ul style="list-style-type: none"> • A.W.A.R.E 543-2202 235 N. 1st West www.aware-inc.org • First Call for Help 549-5555 or 211 • Friends to Youth 549-0543 1515 E. Broadway http://www.friendstoyouth.org/ • Lutheran Social Services 549-0147 725 W Alder #2 www.lssmt.org • Missoula County Health Department 285-4750 301 W. Alder http://www.co.missoula.mt.us/Health/ • Partnership Health Center 258-4789 323 W. Alder http://www.co.missoula.mt.us/phc/phcweb/index.html • Western Montana Mental Health Center: 532-9700 Mental Health Emergency Hotline: 532-9710 Children's Case Management: 532-9770 Carol Graham Home: 549-8309 River House Day Treatment Center: 532-9700 Stepping Stones Case Management: 532-9700 Teen Recovery Center: 721-5379 Turning Point Substance Abuse Treatment: 532-9800

	<ul style="list-style-type: none"> • Montana Warm Line 1-877-688-3377 www.montanawarmline.org • National Alliance on Mental Illness www.nami.org
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CONFLICT RESOLUTION	
Campus Resources	<ul style="list-style-type: none"> • Student Resolution Officer 243-5431 University Center Room 105 www.umt.edu/asum/sro.htm
Community Resources	<ul style="list-style-type: none"> • Community Dispute Resolution Center 543-1157

CRIME VICTIM ADVOCACY	
Campus Resources	<ul style="list-style-type: none"> • Student Assault Resource Center (SARC) 243-6559 Curry Health Center 634 Eddy Ave. www.umt.edu/curry/sarc
Community Resources	<ul style="list-style-type: none"> • Crime Victim Advocacy 523-4630 301 W. Alder, Basement http://www.co.missoula.mt.us/opgweb/Grants/CVA.htm • First Call for Help 549-5555 or 211 • YWCA 542-1944 (24 hour crisis line) 543-6691 1130 W. Broadway www.ywcaofmissoula.org • Crime Victims Compensation Program 303 North Roberts, 4th Floor Helena, MT 1-800-498-6455 406-444-3653 http://www.doj.mt.gov/victims/victimcompensation.asp

CULTURE	
Campus Resources	<ul style="list-style-type: none"> MultiCultural Alliance (MCA) 243-5776 University Center Room 209E www.umt.edu/uc/multicultural
Community Resources	<ul style="list-style-type: none"> Missoula Indian Center 839-9515 Building#33, Fort Missoula Road http://www.missoulaindiancenter.org/

CREDIT COUNSELING	
Community Resources	<ul style="list-style-type: none"> Consumer Credit Counseling 543-1188 2110 S. Reserve http://www.cccsmt.org/ First Call for Help 549-5555 or 211

DATE RAPE	
Information	<p>Information provided by SARC:</p> <ul style="list-style-type: none"> Dating & Relationship Violence is defined as a pattern of controlling behavior in which an intimate partner uses physical violence and/or emotional, sexual, economic or cultural abuse to control the other partner in the relationship. Dating & relationship violence on college campus often remains invisible. Violent and abusive behavior can exist any relationship - short term, long term, between same sex partners, people with disabilities, regardless of race, ethnicity and class. This violence is also called domestic violence, intimate abuse and spousal abuse. There are several characteristics of abusive relationships. They range from physical, sexual, emotional, economic, to implied violence through threats and gestures. This is a list of some behaviors, not all abusive behaviors however, that may indicate that your relationship is abusive: <ul style="list-style-type: none"> Does your partner's temper scare you? Are you afraid to disagree with your partner? Do you apologize for your partner's behavior when you are treated badly? Is your partner charming in public but menacing in private? Have you been hit, kicked, shoved or had things thrown at you? Is your partner violent when he/she drinks or uses drugs? Does your partner ridicule, criticize, or insult you? Does your partner talk about or display weapons? Do you not see friends or family or do things because of your

	<p>partner's jealousy?</p> <ul style="list-style-type: none"> ○ Has your partner forced unwanted sex on you? ○ Do you justify everything you do and every place you go and every person you see to avoid your partner's temper? ○ Have you repeatedly been wrongly accused of flirting? ○ Has your partner threatened to hurt or kill you or someone close to you? ○ Has your partner threatened to commit suicide? <ul style="list-style-type: none"> ● You have the right to be free of intimidation ● You have the right to be free from fear of your partner ● You have the right to take action against abuse ● You have the right to make choices that meet your needs and desires ● You have the right to have others respect you and your rights
<p>Campus Resources</p>	<ul style="list-style-type: none"> ● Student Assault Resource Center (SARC) 243-5244 Curry Health Center www.umt.edu/curry/Services/SARC
<p>Community Resources</p>	<ul style="list-style-type: none"> ● First Call for Help 549-5555 or 211 ● YWCA 542-1944 (24 hour crisis line) 543-6691 1130 W. Broadway www.ywcaofmissoula.org ● Domestic and Sexual Violence Hotline For Missoula: 1-800-483-7858 ● First Step 329-5776 ● Crime Victim Advocates 258-4630 301 W. Alder http://www.co.missoula.mt.us/opgweb/Grants/CVA.htm ● STEP Program Seeley Lake 677-3177 ● Crime Victims Compensation Program 303 North Roberts, 4th Floor Helena, MT 1-800-498-6455 406-444-3653 http://www.doj.mt.gov/victims/victimcompensation.asp

DEATH & DYING

Community Resources	<ul style="list-style-type: none"> • First Call for Help 549-5555 or 211 • Partners in Home Health Care 728-8848 2687 Palmer, Suite B www.partnersinhomecare.org • Partners Hospice and Palliative Care Services 327-3624 www.partnersinhomecare.net • Seasons Bereavement Program (406)721-7690 www.familiesfirstmt.org • Grief Share 243-2416 www.griefshare.org • Healing Hearts for Moms 543-4333 240-0549 • H.O.P.E 543-6635 http://www.anewsong.org/hope.html • The Companionate Friend 543-8840 http://www.compassionatefriends.org/ • A Resource Center for Grief, Loss and Life Transitions http://www.anewsong.org/our_purpose.html
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DENTAL

Campus Resources	<ul style="list-style-type: none"> • Dental Clinic Curry Health Center 243-5445 www.umt.edu/curry
Community Resources	<ul style="list-style-type: none"> • Partnership Health Center 258-4789 323 W. Alder http://www.co.missoula.mt.us/phc/phcweb/index.html

DEPRESSION

Information

Information from the National Alliance on Mental Illness:

Major depression is a serious medical illness affecting 15 million American adults, or approximately 5 to 8 percent of the adult population in a given year. Unlike normal emotional experiences of sadness, loss, or passing mood states, major depression is persistent and can significantly interfere with an individual's thoughts, behavior, mood, activity, and physical health. Among all medical illnesses, major depression is the leading cause of disability in the U.S. and many other developed countries.

Depression occurs twice as frequently in women as in men, for reasons that are not fully understood. More than half of those who experience a single episode of depression will continue to have episodes that occur as frequently as once or even twice a year. Without treatment, the frequency of depressive illness as well as the severity of symptoms tends to increase over time. Left untreated, depression can lead to suicide.

Major depression, also known as clinical depression or unipolar depression, is only one type of depressive disorder. Other depressive disorders include dysthymia (chronic, less severe depression) and bipolar depression (the depressed phase of bipolar disorder or manic depression). People who have bipolar disorder experience both depression and mania. Mania involves unusually and persistently elevated mood or irritability, elevated self-esteem, and excessive energy, thoughts, and talking.

The onset of the first episode of major depression may not be obvious if it is gradual or mild. The symptoms of major depression characteristically represent a significant change from how a person functioned before the illness. The symptoms of depression include:

- persistently sad or irritable mood
- pronounced changes in sleep, appetite, and energy
- difficulty thinking, concentrating, and remembering
- physical slowing or agitation
- lack of interest in or pleasure from activities that were once enjoyed
- feelings of guilt, worthlessness, hopelessness, and emptiness
- recurrent thoughts of death or suicide
- persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

When several of these symptoms of depressive illness occur at the same time, last longer than two weeks, and interfere with ordinary functioning, professional treatment is needed.

<p>Campus Resources</p>	<ul style="list-style-type: none"> • Counseling and Psychological Services (CAPS) Curry Health Center 243-4711 www.umt.edu/curry/CAPS • Student Assault Resource Center (SARC) 243-5244 Curry Health Center www.umt.edu/curry/Services/SARC • Health Enhancement Help Someone, Help Yourself Program 243-2809 Curry Health Center Room 112
<p>Community Resources</p>	<ul style="list-style-type: none"> • First Call for Help 549-5555 or 211 • Western Montana Mental Health Center Mental Health Emergency Hotline: 532-9710 Children’s Case Management: 532-9770 Carol Graham Home: 549-8309 River House Day Treatment Center: 532-9700 Stepping Stones Case Management: 532-9700 Teen Recovery Center: 721-5379 Turning Point Substance Abuse Treatment: 532-9800 • National Alliance on Mental Illness www.nami.org • Montana Warm Line 1-877-688-3377 www.montanawarmline.org • 1-800-273-TALK • Maureen O’Malley, LCSW Missoula City-County Health Department 406-258-3881 omalley@ho.missoula.mt.us www.co.missoula.mt.us/health www.co.missoula.mt.us/Measures • Friends to Youth 1515 E Broadway http://www.friendstoyouth.org/ • Full Circle 532-1615 1903 S Russell St Missoula, MT 59801

	<ul style="list-style-type: none"> • American Foundation for Suicide Prevention www.afsp.org • Stop a Suicide Today www.stopasuicide.org • Internet Mental Health www.mentalhealth.com • Missoula Coalition for Suicide Prevention 543-6635 133 Washburn http://www.co.missoula.mt.us/healthpromo/SPN.htm • Commission on Mental Health www.mentalhealthcommission.gov • ISAFE http://www.isafe.org/ • NAMI www.nami.org • Working Minds: Suicide Prevention in the Workplace http://www.workingminds.org/ • QPR Institute http://www.qprinstitute.com/ • Suicide Prevention Resource Center http://www.sprc.org/ • American Red Cross http://www.redcross.org/
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DISABILITY	
Campus Resources	<ul style="list-style-type: none"> • Accessibility <ul style="list-style-type: none"> ▪ www.umt.edu/accessmap ▪ www.umt.edu/Resources/Accessibility • Alliance for Disability and Students of the University of Montana 243-2636 UC 205 www.umt.edu/adsum • Americans with Disabilities Act Committee Chair, Barb Seekins 243-6183

	<ul style="list-style-type: none"> • Disability Student Services Lommasson Center 154 243-2243 http://life.umt.edu/dss • UM Rural Institute 243-5467 1-800-732-0323 (TT) Corbin Hall Rm. 52 http://ruralinstitute.umt.edu/
Community Resources	<ul style="list-style-type: none"> • A.W.A.R.E 543-2202 235 N. 1st West www.aware-inc.org • Child Development Center 549-6413 T-214 Fort Missoula Road www.childdevcenter.org • Opportunity Resources 721-2930 2821 S Russell www.opportunityresources.org • Social Security Administration 542-1580 1-800-772-1213 700 SW Higgins, Suite 5 www.ssa.gov • First Call for Help 549-5555 or 211 • Summit Independent Living 728-1630 700 SW Higgins, Suite 101 www.summitilc.org • Vocational Rehabilitation 329-5400 2675 Palmer, Suite 110 http://www.dphhs.mt.gov/dsd/mvr.shtml • Parents Let's Unite for Kids (PLUK) 1-800-222-PLUK 728-1822 http://www.pluk.org/

	<ul style="list-style-type: none"> Missoula Developmental Services Corp (MDSC) 728-1630 700 SW Higgins http://www.mdscmt.org/
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DIVERSITY	
Campus Resources	<ul style="list-style-type: none"> MultiCultural Alliance (MCA) 243-5776 University Center Room 209E www.umt.edu/uc/multicultural National Coalition Building Institute (NCBI) 243-5776 www.ncibmissoula.org www.ncbi.org UM Allies 243-6892 UM Lamda Alliance 243-5922 University Center 209 http://www.umt.edu/lambda/ International Student Association 243-8805 http://www.umt.edu/isa/ UM Spouses of International Students and Scholars (SISS) 243-2226
Community Resources	<ul style="list-style-type: none"> Hellgate GSA 728-2402 900 S. Higgins Ave Big Sky GSA 728-2401 ext 8631 Missoula Indian Center 839-9515 Building #33, Fort Missoula Road www.missoulaindiancenter.org Montana Human Rights Bureau 1-800-542-0807 US Immigration and Naturalization Service District office 1-800-375-5283 406-449-5220 www.ins.usdoj.gov

	<ul style="list-style-type: none"> • Refugee Assistance Corp. (RAC) 721-5052 1280 S. Third West • MT Asian American Center (MAAC) 543-3770 2000 Russell Suite 6
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DOMESTIC ABUSE/VIOLENCE	
Information	<p>Information provided by SARC:</p> <ul style="list-style-type: none"> • Dating & Relationship Violence is defined as a pattern of controlling behavior in which an intimate partner uses physical violence and/or emotional, sexual, economic or cultural abuse to control the other partner in the relationship. Dating & relationship violence on college campus often remains invisible. Violent and abusive behavior can exist any relationship - short term, long term, between same sex partners, people with disabilities, regardless of race, ethnicity and class. This violence is also called domestic violence, intimate abuse and spousal abuse. • There are several characteristics of abusive relationships. They range from physical, sexual, emotional, economic, to implied violence through threats and gestures. This is a list of some behaviors, not all abusive behaviors however, that may indicate that your relationship is abusive: <ul style="list-style-type: none"> ○ Does your partner's temper scare you? ○ Are you afraid to disagree with your partner? ○ Do you apologize for your partner's behavior when you are treated badly? ○ Is your partner charming in public but menacing in private? ○ Have you been hit, kicked, shoved or had things thrown at you? ○ Is your partner violent when he/she drinks or uses drugs? ○ Does your partner ridicule, criticize, or insult you? ○ Does your partner talk about or display weapons? ○ Do you not see friends or family or do things because of your partner's jealousy? ○ Has your partner forced unwanted sex on you? ○ Do you justify everything you do and every place you go and every person you see to avoid your partner's temper? ○ Have you repeatedly been wrongly accused of flirting? ○ Has your partner threatened to hurt or kill you or someone close to you? ○ Has your partner threatened to commit suicide? • You have the right to be free of intimidation

	<ul style="list-style-type: none"> • You have the right to be free from fear of your partner • You have the right to take action against abuse • You have the right to make choices that meet your needs and desires <p>You have the right to have others respect you and your rights</p>
<p>Campus Resources</p>	<ul style="list-style-type: none"> • Student Assault Resource Center (SARC) 243-5244 Curry Health Center www.umt.edu/curry/Services/SARC
<p>Community Resources</p>	<ul style="list-style-type: none"> • preventchildabuse.org • Montana Council for Families PO Box 7533 Missoula, MT 59807 1-800-children • A.W.A.R.E 543-2202 235 N. 1st West www.aware-inc.org • Child Abuse & Neglect Reporting 1-866-820-KIDS • YWCA 542-1944 (24 hour crisis line) 543-6691 1130 W. Broadway www.ywcaofmissoula.org • Domestic and Sexual Violence Hotline For Missoula: 1-800-483-7858 • First Call for Help 549-5555 or 211 • First Step 329-5776 • Crime Victim Advocates 258-4630 301 W. Alder http://www.co.missoula.mt.us/opgweb/Grants/CVA.htm • SSTEP Program Seeley Lake 677-3177

	<ul style="list-style-type: none"> • Crime Victims Compensation Program 303 North Roberts, 4th Floor Helena, MT 1-800-498-6455 406-444-3653 http://www.doj.mt.gov/victims/victimcompensation.asp
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DORMS	
Campus Resources	<ul style="list-style-type: none"> • Residence Life 243-2611 243-2622 • Residence Life (Griz Central) 243-4243

EATING DISORDERS	
Information	<p>Information from Academy for Eating Disorders:</p> <p>Eating disorders are characterized by a persistent pattern of dysfunctional eating or dieting behavior. These patterns of eating behavior are associated with significant emotional, physical, and interpersonal distress.</p> <p>It can be difficult to delineate between normal differences in eating patterns and actual eating disorders. The links on this page provide a basic overview of eating disorders, their treatment and associated issues.</p> <p>Please note that although most individuals with eating disorders are female, the criteria and descriptions also apply to the 5-10 percent of individuals with these disorders who are male.</p>
Campus Resources	<ul style="list-style-type: none"> • Counseling and Psychological Services (CAPS) Curry Health Center 243-4711 • Dining Services Lommasson 145 243-6325 http://life.umt.edu/uds/name/EatingDisorders
Community Resources	<ul style="list-style-type: none"> • First Call for Help 549-5555 or 211 • Western Montana Mental Health Center Mental Health Emergency Hotline: 532-9710 Children's Case Management: 532-9770 Carol Graham Home: 549-8309 River House Day Treatment Center: 532-9700 Stepping Stones Case Management: 532-9700

	<p>Teen Recovery Center: 721-5379 Turning Point Substance Abuse Treatment: 532-9800</p> <ul style="list-style-type: none"> • Academy for Eating Disorders http://www.aedweb.org/ • National Alliance for Mental Illness www.nami.org
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ELDER CARE	
Campus Resources	<ul style="list-style-type: none"> • Missoula Aging Services 728-7682 337 Stephens www.missoulaagingservices.org • Partners in Home Health Care 728-8848 2687 Palmer, Suite B www.partnersinhomecare.org • MT Elder Abuse Hotline 1-800-322-6100 • Elder Abuse/Adult Protective Services 329-1309 • Senior Help Line and Resource Center 728-7588 1-800-551-3191 337 Stephens • MEDICAB 1-800-292-7116 • Community Medical Center Nutrition Center 728-4100 Ext. 7487 2827 Fort Missoula Road • Interim Health Care 2434 Kemp St • Partnership Health Center 523-4789 258-4789 323 W. Alder St. www.co.missoula.mt.us/phc/phcweb/index.html • Seeley-Swan Medical Center 406-677-2277 3050 Hwy 83 N. Seeley Lake, MT

	<p>www.seeeylakemedicalcener.org</p> <ul style="list-style-type: none"> • St. Patrick Hospital Senior Service Program 329-5741 500 W Broadway • Foster Grandparent Program Missoula Aging Services 728-7682 227 W Front www.missoulaagingservices.org • Women of a Certain Age 542-3400 1637 S. Higgins http://www.wellness.com/dir/2352833/preventive-medicine-specialist/mt/missoula/patricia-hennessy-women-of-a-certain-age-md
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EMERGENCY	
Campus Resources	<ul style="list-style-type: none"> • Public Safety 243-6131 • Emergency Reporting (24 Hours) 243-4000
Community Resources	<ul style="list-style-type: none"> • 911 • Missoula City Police 243-4672 435 Ryman • Child Abuse & Neglect Reporting 1-866-820-KIDS • First Call for Help 549-5555 or 211 • Western Montana Mental Health Center Mental Health Emergency Hotline: 532-9710 Children’s Case Management: 532-9770 Carol Graham Home: 549-8309 River House Day Treatment Center: 532-9700 Stepping Stones Case Management: 532-9700 Teen Recovery Center: 721-5379 Turning Point Substance Abuse Treatment: 532-9800 • YWCA 542-1944 (24 hour crisis line) 543-6691 1130 W. Broadway www.ywcaofmissoula.org

	<ul style="list-style-type: none"> • Domestic and Sexual Violence Hotline For Missoula: 1-800-483-7858
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EMPLOYMENT INFORMATION	
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Campus Resources	<ul style="list-style-type: none"> • Career Services 243-2022 Lommasson Center Room 154 www.umt.edu/career • Career Services – College of Technology 243-7884 900 South Avenue West cotcareers@mso.umt.edu http://www.umt.edu/career
Community Resources	<ul style="list-style-type: none"> • Job Service 728-7060 529 S. 3rd St. West www.employmissoula.com • Vocational Rehabilitation Service 329-5400 1610 S. 3rd W., Suite 110 http://www.dphhs.mt.gov/dsd/mvr.shtml • Welfare to Work 728-7060 539 S. 3rd W. • Women’s Opportunity Resource Development (WORD) 543-3550 127 N. Higgins http://www.wordinc.org/ • WORC Center Community Medical Center 728-4100 2827 Fort Missoula Rd http://www.cmcmissoula.org/

EQUALITY	
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Campus Resources	<ul style="list-style-type: none"> • MultiCultural Alliance (MCA) 243-5776 University Center Room 209E www.umt.edu/uc/multicultural
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	<ul style="list-style-type: none"> • National Coalition Building Institute (NCBI) 243-5776 www.ncibmissoula.org www.ncbi.org • UM Allies 243-6892 • UM Lamda Alliance 243-5922 University Center 209 http://www.umt.edu/lambda/ • International Student Association 243-8805 http://www.umt.edu/isa/ • UM Spouses of International Students and Scholars (SISS) 243-2226
Community Resources	<ul style="list-style-type: none"> • Missoula Indian Center 839-9515 Building #33, Fort Missoula Road www.missoulaindiancenter.org • Montana Human Rights Bureau 1-800-542-0807 • US Immigration and Naturalization Service District office 1-800-375-5283 406-449-5220 www.ins.usdoj.gov • Refugee Assistance Corp. (RAC) 721-5052 1280 S. Third West • MT Asian American Center (MAAC) 543-3770 2000 Russell Suite 6

EVENTS	
Campus Resources	<ul style="list-style-type: none"> • Academic Calendar http://www.umt.edu/provost/academiccalendar.htm • Calendar of Arts http://www.sfa.umt.edu/umcalendar2/umevents.html

	<ul style="list-style-type: none"> • Class Schedule www.umt.edu/cyberbear • Finals Schedule http://www.umt.edu/registrar/finals_schedules.htm • Orientation http://admissions.umt.edu/orientation.html • UM Events Calendar http://news.umt.edu/index.php?option=com_jcalpro&Itemid=54&extmode=cal • Adams Center http://www.adamseventcenter.com/
Community Resources	<ul style="list-style-type: none"> • Missoula Events http://www.missoulaevents.net/

EXERCISE	
Campus Resources	<ul style="list-style-type: none"> • Campus Recreation 243-2804

EXTERNAL DEGREE PROGRAMS	
Campus Resources	<ul style="list-style-type: none"> • Continuing Education 243-2900 Todd Building, Third Floor http://www.umt.edu/ce/

FAMILY HOUSING – STUDENT HOUSING	
Campus Resources	<ul style="list-style-type: none"> • University Villages 243-6030 http://life.umt.edu/rlo

FAMILY SERVICES	
Campus Resources	<ul style="list-style-type: none"> • ASUM Child Care 243-2542 University Center Room 119 www.umt.edu/childcare • Co-Teach Parent Support Group 243-5344
Community Resources	<ul style="list-style-type: none"> • Child Care + http://www.ccplus.org/ • Early Head Start 251-9410

	<p>2121 39th St. www.headstartmt.org</p> <ul style="list-style-type: none"> • Head Start 728-5460 1001 Worden www.headstartmt.org • Families First/Totline 1-800-346-ABCD 815 E. Front, Suite 3 www.familiesfirstmt.com • Child Care Resources 728-6446 127 E. Main, Suite 314 www.childcareresources.org • A.W.A.R.E 543-2202 235 N. 1st West www.aware-inc.org • Women’s Opportunity & Resource Development (WORD) 543-3550 127 N. Higgins, #305 http://www.wordinc.org/ • Child Abuse & Neglect Reporting 1-866-820-KIDS • YWCA 542-1944 (24 hour crisis line) 543-6691 1130 W. Broadway www.ywcaofmissoula.org • Family Resource Centers 543-3550 www.wordinc.org • First Call for Help 549-5555 or 211 • Flagship After School Program 532-9827 1325 Wyoming Street • Friends to Youth 728-2662
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	<p>115 E Broadway http://www.friendstoyouth.org/</p> <ul style="list-style-type: none"> • Lutheran Social Services 549-0147 725 W Alder #2 www.lssmt.org • Missoula County Health Department 285-4750 301 W. Alder http://www.co.missoula.mt.us/Health/ • Missoula Forum for Children and Youth 258-3798 Office of Planning & Grants 435 Ryman http://www.missoulaforum.org/ • Parenting Place 728-5437 1644 S 8th W http://www.parentingplace.net/ • Parents, Let's Unite for Kids 1-877-219-9986 728-1822 http://www.pluk.org/ • Teen Family Resource Center 542-4900 1861 S. 12th W. – Church Basement http://old.wordinc.org/futures/tfrc.php • Western Montana Mental Health Center Mental Health Emergency Hotline: 532-9710 Children's Case Management: 532-9770 Carol Graham Home: 549-8309 River House Day Treatment Center: 532-9700 Stepping Stones Case Management: 532-9700 Teen Recovery Center: 721-5379 Turning Point Substance Abuse Treatment: 532-9800 • Parents Anonymous 728-5437 • Single Parent Support Group 549-3625 • Foster Grandparent Program
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	<p>728-7682</p> <ul style="list-style-type: none"> • Divorce Care 542-0350 • Adolescent Pregnancy and Parenting Program Missoula County Health Department 258-4750 301 W. Alder http://www.co.missoula.mt.us/Health/ • Futures 543-3550 127 N. Higgins • YWCA Children’s Program 542-1944 1130 West Broadway www.ywca.org • Department of Child and Family Services (DCFS) 523-4100 610 Woody • Court Appointed Special Advocate (CASA) 415 N. Higgins Ave 542-1209 http://www.casagal.org/ • Missoula Covering Kids 258-4750 Missoula County Advocate
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FAMILY WEEKEND	
Campus Resources	http://www.umt.edu/urelations/family.htm

FEES & TUITION	
Campus Resources	<ul style="list-style-type: none"> • Business Services – Student Accounts 243-2223 Griz Central - Cashiers Lommasson Center http://www.umt.edu/bussrvcs/ • Deferred Payment Plan 243-2223 Business Services Griz Central - Cashiers

	<p>Lommasson Center http://www.umt.edu/bussrvcs/</p> <ul style="list-style-type: none"> • Second Chance Program 243-2223 Business Services Griz Central - Cashieris Lommasson Center http://www.umt.edu/bussrvcs/ • Verizon Scholarship 243-2223 Business Services Griz Central - Cashiers Lommasson Center http://www.umt.edu/bussrvcs/ • Army ROTC Program Schreiber 118 243-2769 • Financial Aid Griz Central, Lommasson Center 243-5373 www.umt.edu/finaid • Student Assistance Foundation 243-5426 Griz Central Lommasson Center www.safmt.org • ASUM Short Term Loans 243-2451 University Center http://www.umt.edu/asum/
Community Resources	<ul style="list-style-type: none"> • Fast Web www.fastweb.com • Vocational Rehabilitation 329-5400 2675 Palmer, Suite 110 http://www.dphhs.mt.gov/dsd/mvr.shtml • Student Assistance Foundation 406-495-7800 2500 E. Broadway St. Helena, MT 59601 www.safmt.org

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FINALS SCHEDULE	
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Campus Resources	http://www.umt.edu/cyberbear/ <i>(under important dates)</i>
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FINANCES	
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Campus Resources	<ul style="list-style-type: none"> • Army ROTC Program Schreiber 118 243-2769 • Financial Aid Griz Central, Lommasson Center 243-5373 www.umt.edu/finaid • Student Assistance Foundation 243-5426 Griz Central Lommasson Center www.safmt.org • Deferred Payment Plan 243-2223 Business Services - Cashiers Griz Central Lommasson Center http://www.umt.edu/bussrvcs/ • Second Chance Program 243-2223 Business Services - Cashiers Griz Central Lommasson Center http://www.umt.edu/bussrvcs/ • Verizon Scholarship 243-2223 Business Services - Cashiers Griz Central Lommasson Center http://www.umt.edu/bussrvcs/ • ASUM Short Term Loans 243-2451 University Center http://www.umt.edu/asum/
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Community Resources	<ul style="list-style-type: none"> • Fast Web www.fastweb.com
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	<ul style="list-style-type: none"> • Vocational Rehabilitation 329-5400 2675 Palmer, Suite 110 http://www.dphhs.mt.gov/dsd/mvr.shtml • Montana Community Development Corp (MCDC) 728-9234 110 E Broadway, 2nd Floor • Social Security Administration 1-800-772-1213 70000 SW Higgins Ave, Suite 5 • Office of Public Assistance 329-1200 2677 Palmer Suite 100 • Student Assistance Foundation 406-495-7800 2500 E. Broadway St. Helena, MT 59601 www.safmt.org
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FINANCIAL AID	
Campus Resources	<ul style="list-style-type: none"> • Army ROTC Program Schreiber 118 243-2769 • Financial Aid Griz Central, Lommasson Center 243-5373 www.umt.edu/finaid • Student Assistance Foundation 243-5426 Griz Central Lommasson Center www.safmt.org • Deferred Payment Plan 243-2223 Business Services - Cashiers Griz Central Lommasson Center http://www.umt.edu/bussrvcs/ • Second Chance Program 243-2223

	<p>Business Services - Cashiers Griz Central Lommasson Center http://www.umt.edu/bussrvcs/</p> <ul style="list-style-type: none"> • Verizon Scholarship 243-2223 Business Services - Cashiers Griz Central Lommasson Center http://www.umt.edu/bussrvcs/ • ASUM Short Term Loans 243-2451 University Center http://www.umt.edu/asum/
Community Resources	<ul style="list-style-type: none"> • Fast Web www.fastweb.com • Vocational Rehabilitation 329-5400 2675 Palmer, Suite 110 http://www.dphhs.mt.gov/dsd/mvr.shtml • Montana Community Development Corp (MCDC) 728-9234 110 E Broadway, 2nd Floor • Social Security Administration 1-800-772-1213 70000 SW Higgins Ave, Suite 5 • Office of Public Assistance 329-1200 2677 Palmer Suite 100 • Student Assistance Foundation 406-495-7800 2500 E. Broadway St. Helena, MT 59601 www.safmt.org

FITNESS	
Campus Resources	<ul style="list-style-type: none"> • Campus Recreation 243-2804

FOOD

<p>Campus Resources</p>	<ul style="list-style-type: none"> • Dining Services 243-6325 Lommasson Center www.umt.edu/uds
<p>Community Resources</p>	<ul style="list-style-type: none"> • Poverello Center 728-1809 728-8526 Emergency Housing 535 Ryman St. • Salvation Army 549-0710 339 W. Broadway • Christian Life Center Food and Clothing Pantry 542-0353 3801 Russell St www.clc-missoula.org • City Food Ministries 721-7804 2811 Latimer St http://cfccmt.org • Expanded Food and Nutrition Education Program 839-4200 126 W. Spruce, County Extension Office • Food Bank of Missoula 549-0543 219 S. 3rd W. www.missoulafoodbank.org • Office of Public Assistance 329-1200 2677 Palmer, Suite 100 • Women and Infant Children (WIC) 543-4740 301 W. Alder • Office of Public Assistance Food Stamps 329-1200 2677 Palmer, Suite 100 Hotline-Citizen's Advocate: 1-800-332-2272 • Missoula 3:16 549-4673 506 Toole Ave

	<p>www.missoula316.org</p> <ul style="list-style-type: none"> • Expanded Food and Nutrition Program (EFNEP) 258-4740 126 Spruce • Farmer's Market • Garden City Harvest 523-FOOD or 542-3601 215 S. 6th W • Missoula Urban Demonstration Project (MUD) 721-7513 629 Philips • Missoula Community Co-op 728-2369 http://www.missoulacommunitymarket.org/ • Meals on Wheels 728-7587 2272 W. Front • First Call for Help 549-5555 or 211
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FOREIGN STUDENT SERVICES	
Campus Resources	<ul style="list-style-type: none"> • Foreign Student & Scholar Services 243-2226 Lommasson Center Room 219 www.umt.edu/sa/fsss • International Student Association 243-8805 • UM Spouses of International Students and Scholars (SISS) 243-2226
Community Resources	<ul style="list-style-type: none"> • US Immigration and Naturalization Service District office 1-800-375-5283 406-449-5220 www.ins.usdoj.gov • Refugee Assistance Corp. (RAC) 721-5052 1280 S. Third West

FOUR BEAR	
Information	Information from Undergraduate Advising Center:

	<p>The aim of the four-year graduation plan is to facilitate, through commitments made by the participating student and The University of Montana-Missoula, the student's goal of graduating from the University in four years (may include three intervening summer sessions). The plan is intended for first-time UM freshmen, including freshmen with Advanced Placement or High School Pilot Program credits, but excluding freshmen admitted on provisional, part-time status. The four-year graduation plan is designed for students seriously committed to eight consecutive semesters of full-time study at The University of Montana-Missoula. It gives the student registration priority beginning his or her first priority registration period after signing the Four Bear contract and will pay incidental and mandatory fees past the planned graduation time provided the student has met all conditions. If a student is not meeting the conditions as set forth in the Four Bear contract, he or she will be dropped from the program, but no other penalties are incurred.</p>
Campus Resources	<ul style="list-style-type: none"> • University College 243-2835 Lommasson Center Room 269 http://www.umt.edu/uac/fourbear/default.htm

FRATERNITY	
Campus Resources	<ul style="list-style-type: none"> • Greek Life Office 243-2005 University Center Room 209B www.umt.edu/greek

FRESHMAN RESOURCES	
Campus Resources	<ul style="list-style-type: none"> • Undergraduate Advising Center 243-2835 EL 262 http://www.umt.edu/uac http://www.umt.edu/uac/Handbook/handbook.htm • Freshman Seminar 243-2835 www.frshmanseminar.wordpress.com • University Transition 243-6431 www.umt.edu/ce/utran • Four Bear www.umt.edu/uac/fourbear • Mathematics Placement www.umt.edu/mathplacement

	<ul style="list-style-type: none"> • TRIO 243-5032 Trio.SSS@mso.umt.edu www.umt.edu/trioss
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GAY, LESBIAN, BI & TRANSGENDER SERVICES/GROUPS	
Campus Resources	<ul style="list-style-type: none"> • UM Allies 243-6892 • UM Lamda Alliance 243-5922 University Center 209
Community Resources	<ul style="list-style-type: none"> • Hellgate GSA 728-2402 900 S. Higgins Ave • Big Sky GSA 728-2401 ext 8631 • Montana Gay and Lesbian Community Center 544-4500 543-2224 615 Oak St. • Pride 406-442-9322 • Coalition for LGBT Equality 543-2224

GRIEF & LOSS	
Community Resources	<ul style="list-style-type: none"> • First Call for Help 549-5555 or 211 • Partners in Home Health Care 728-8848 2687 Palmer, Suite B www.partnersinhomecare.org • Partners Hospice and Palliative Care Services 327-3624 www.partnersinhomecare.net • Seasons Bereavement Program (406)721-7690 www.familiesfirstmt.org

	<ul style="list-style-type: none"> • Grief Share 243-2416 www.griefshare.org • Healing Hearts for Moms 543-4333 240-0549 • H.O.P.E 543-6635 http://www.anewsong.org/hope.html • The Companionate Friend 543-8840 http://www.compassionatefriends.org/ • A Resource Center for Grief, Loss and Life Transitions http://www.anewsong.org/our_purpose.html
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GOLDEN KEY	
Campus Resources	<ul style="list-style-type: none"> • Golden Key National Honor Society goldenkeyum@gmail.com

GREEK LIFE	
Campus Resources	<ul style="list-style-type: none"> • Greek Life Office 243-2005 University Center Room 209B www.umt.edu/greek

GRIZ TIX	
Campus Resources	<ul style="list-style-type: none"> • The Source 243-4636 www.umt.edu/uc/source

HEALTH INSURANCE	
Campus Resources	<ul style="list-style-type: none"> • Curry Health Center 243-2844 http://life.umt.edu/si/name/Home

HIV & AIDS

Campus Resources	<ul style="list-style-type: none"> • Curry Health Center (testing) 243-2122 • Curry Health Center (information/awareness) Health Enhancement 243-2809 http://www.umt.edu/curry/HE/
Community Resources	<ul style="list-style-type: none"> • Ryan White Title II & III Services Partnership Health Center 406-258-7165 323 W. Alder St. • Missoula AIDS Counsel 543-4770 127 N. Higgins #207 • Missoula AIDS Counsel Housing Assistance Program 543-4775 • AIDS Hotline National – General 1-800-342-2437 National – Spanish 1-800-344-7432 Montana 1-800-233-6668 • Sexually Transmitted Diseases Hotline 1-800-277-8922 • STD/HIV & Partner Notification Missoula City County Health Department 406-258-3896 • Missoula Indian Center 839-9515 Building#33, Fort Missoula Road • Missoula County Health Department 285-4750 301 W. Alder • Partnership Health Center 258-4789 323 W. Alder • Partners in Home Health Care 728-8848 2687 Palmer, Suite B www.aprtnersinhomecare.org • First Call for Help

	549-5555 or 211
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HONORS PROGRAMS	
Campus Resources	<ul style="list-style-type: none"> • Davidson’s Honors College 243-2541 www.dhc.umt.edu • Golden Key goldenkeyum@gmail.com

HOUSING	
Campus Resources	<ul style="list-style-type: none"> • Residence Life 243-2611 243-2622 Turner 101 http://life.umt.edu/rlo • Residence Life (Griz Central) 243-4243 http://life.umt.edu/rlo • Lewis & Clark Villages 829-3728 http://life.umt.edu/rlo/folder/LewisClarkVillage • University Villages 243-6030 http://life.umt.edu/rlo/folder/UniversityVillages
Community Resources	<ul style="list-style-type: none"> • Missoula AIDS Counsel Housing Assistance Program 543-4775 • Missoula Housing Authority 549-4113 1235 34th St. • Montana Fair Housing 542-2611 2225 S. 3rd W. www.fairhousing.montana.com • Poverello Center 728-1809 728-8526 Emergency Housing 535 Ryman St.

	<ul style="list-style-type: none"> • Salvation Army 549-0710 339 W. Broadway • Salvation Army 549-0710 339 W. Broadway • YWCA Transitional Housing 543-6991 1130 W. Broadway • YWCA 542-1944 (24 hour crisis line) 543-6691 1130 W. Broadway www.ywcaofmissoula.org • First Call for Help 549-5555 or 211 • HomeWORD 543-3550 127 N. Higgins, Suite 303 www.homeword.org • Human Resource Council 728-3710 1801 S Higgins www.hrcxi.org • Joseph’s Residence Center 549-6159 2222 Rattlesnake Dr. • Watson Children’s Shelter 549-0058 2901 Fort Missoula Road • Missoula Youth Homes 721-2704 550 N. California St.
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INFORMATION - GENERAL	
Campus Resources	<ul style="list-style-type: none"> • The Source 243-4636 www.umt.edu/uc/source
Community Resources	<ul style="list-style-type: none"> • First Call for Help

	549-5555 or 211
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INSURANCE - HEALTH	
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Campus Resources	<ul style="list-style-type: none"> • Curry Health Center 243-2844 http://life.umt.edu/si/name/Home
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INTERMURALS	
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Campus Resources	<ul style="list-style-type: none"> • Campus Recreation 243-2804 http://life.umt.edu/crec/page/1293
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INTERNET	
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Campus Resources	<ul style="list-style-type: none"> • IT Central Social Sciences 120 243-HELP 243-4357 ITCentral@umontana.edu www.umt.edu/itcentral • Direct Connect Elrod Hall 113 243-2625 • CyberBear Helpline 243-6077 Registration Counter Griz Central www.umt.edu/cyberbear
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INTERNSHIP	
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Campus Resources	<ul style="list-style-type: none"> • Internship Services Lommasson Center 154 243-2815 http://www.umt.edu/internships/
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JOB SERVICES	
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Campus Resources	<ul style="list-style-type: none"> • Career Services 243-2022 Lommasson Center Room 154 www.umt.edu/career • Career Services – College of Technology
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	<p>243-7884 900 South Avenue West cotcareers@mso.umt.edu http://www.umt.edu/career</p> <ul style="list-style-type: none"> • TRIO 243-5032 Trio.SSS@mso.umt.edu www.umt.edu/trioss
Community Resources	<ul style="list-style-type: none"> • Job Service 728-7060 529 S. 3rd St. West www.employmissoula.com • Vocational Rehabilitation Service 329-5400 1610 S. 3rd W., Suite 110 • Welfare to Work 728-7060 539 S. 3rd W. • Women's Opportunity Resource Development (WORD) 543-3550 127 N. Higgins • WORC Center Community Medical Center 728-4100 2827 Fort Missoula Rd

LANDLORD – TENANT

Campus Resources	<ul style="list-style-type: none"> • Off-Campus Renter Center 243-2017 University Center Room 105 www.umt.edu/asum/rentercenter
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LEADERSHIP

Campus Resources	<ul style="list-style-type: none"> • Center for Leadership Development 243-5527 University Center Room 209D www.umt.edu/uc/cld • MultiCultural Alliance (MCA) 243-5776 University Center Room 209E www.umt.edu/uc/multicultural
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	<ul style="list-style-type: none"> • National Coalition Building Institute (NCBI) 243-5776 www.ncibmissoula.org www.ncbi.org • Office for Civic Engagement 243-4442 Davidson Honors College Room 15 www.umt.edu/oce • Peers Reaching Out (PROs) 243-2809 www.umt.edu/curry • Ursa Major Leadership Program 243-5527 243-5244 University Center Room 209D www.umt.edu/ursamajor • ASUM University Center 105 243-2451
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LEGAL ADVICE/ASSISTANCE	
Campus Resources	<ul style="list-style-type: none"> • ASUM Legal Services 243-6213 University Center Room 112 www.umt.edu/asum/legalservices • Off-Campus Renter Center 243-2017 University Center Room 105 www.umt.edu/asum/rentercenter • Student Resolution Officer 243-5431 University Center Room 105 www.umt.edu/asum/sro.htm
Community Resources	<ul style="list-style-type: none"> • Child Abuse & Neglect Reporting 1-866-820-KIDS • Montana Legal Services Family Law Clinic 728-8681 304 N. Higgins • Community Dispute Resolution Center

	<p>543-1157</p> <ul style="list-style-type: none"> • Public Defender 258-4865 • Department of Child and Family Services (DCFS) 523-4100 610 Woody • Court Appointed Special Advocate 542-1209 415 N. Higgins
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LESBIAN, GAY, BI, AND TRANSGENDER SERVICES/GROUPS (LGBT)	
Campus Resources	<ul style="list-style-type: none"> • UM Allies 243-6892 • UM Lambda Alliance 243-5922 University Center 209 http://www.umt.edu/lambda/
Community Resources	<ul style="list-style-type: none"> • Hellgate GSA 728-2402 900 S. Higgins Ave • Big Sky GSA 728-2401 ext 8631 • Montana Gay and Lesbian Community Center 544-4500 543-2224 615 Oak St. • Pride 406-442-9322 • Coalition for LGBT Equality 543-2224

LEWIS & CLARK VILLAGES	
Campus Resources	<ul style="list-style-type: none"> • Lewis & Clark Villages 829-3728 http://life.umt.edu/rlo/folder/LewisClarkVillage

LIBRARY	
Campus Resources	<ul style="list-style-type: none"> • Mansfield Library 243-6866

	<p>www.lib.umt.edu</p> <ul style="list-style-type: none"> Jameson Law Library http://www.umt.edu/law/library/default.htm
Community Resources	<ul style="list-style-type: none"> Missoula Public Library 721-2665 301 E Main www.missoula.lib.mt.us

MARRIED STUDENT HOUSING	
Campus Resources	<ul style="list-style-type: none"> University Villages 243-6030 http://life.umt.edu/rlo

MATHEMATICS PLACEMENT	
Campus Resources	<ul style="list-style-type: none"> Mathematics Placement www.umt.edu/mathplacement Mathematics Lab Math B3 243-5311 Math Pilot Math Building Room 111 243-5672

MEDICAL	
Campus Resources	<ul style="list-style-type: none"> Curry Health Center 243-2122 www.umt.edu/curry UM Physical Therapy Clinic 243-4006 Skaggs Building
Community Resources	<ul style="list-style-type: none"> The Life Connection (for staff) www.montana.edu/wellness/welltlc.html Missoula County Health Department 285-4750 301 W. Alder Partners in Home Health Care 728-8848 2687 Palmer, Suite B www.partnersinhomecare.org

	<ul style="list-style-type: none"> • Partnership Health Center 258-4789 323 W. Alder • Missoula Covering Kids Missoula County Advocate 258-4750 • St . Patrick Hospital Cuddles & Care • Immunization Program 258-4750 301 W. Alder
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MENTAL HEALTH & WELLNESS	
Information	<p>Information provided by National Alliance on Mental Illness:</p> <p>Mental illnesses are medical conditions that disrupt a person’s thinking, feeling, mood, ability to relate to others, and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.</p> <p>Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD), and borderline personality disorder. The good news about mental illness is that recovery is possible.</p> <p>Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character, or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.</p> <p>In addition to medication treatment, psychosocial treatment such as cognitive behavioral therapy, interpersonal therapy, peer support groups, and other community services can also be components of a treatment plan and that assist with recovery. The availability of transportation, diet, exercise, sleep, friends, and meaningful paid or volunteer activities contribute to overall health and wellness, including mental illness recovery.</p> <p>Here are some important facts about mental illness and recovery:</p> <ul style="list-style-type: none"> • Mental illnesses are biologically based brain disorders. They cannot be overcome through "will power" and are not related to a person's "character" or intelligence. • Mental disorders fall along a continuum of severity. Even though mental disorders are widespread in the population, the main burden of illness is concentrated in a much smaller proportion — about 6 percent, or 1 in 17 Americans — who suffer from a serious mental illness. It is estimated that mental illness affects 1 in 5 families in America.

	<ul style="list-style-type: none"> • The World Health Organization has reported that four of the 10 leading causes of disability in the US and other developed countries are mental disorders. By 2020, Major Depressive illness will be the leading cause of disability in the world for women and children. • Mental illnesses usually strike individuals in the prime of their lives, often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable. • Without treatment the consequences of mental illness for the individual and society are staggering: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives; The economic cost of untreated mental illness is more than 100 billion dollars each year in the United States. • The best treatments for serious mental illnesses today are highly effective; between 70 and 90 percent of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports. • With appropriate effective medication and a wide range of services tailored to their needs, most people who live with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence. A key concept is to develop expertise in developing strategies to manage the illness process. • Early identification and treatment is of vital importance; By ensuring access to the treatment and recovery supports that are proven effective, recovery is accelerated and the further harm related to the course of illness is minimized. <p>Stigma erodes confidence that mental disorders are real, treatable health conditions. We have allowed stigma and a now unwarranted sense of hopelessness to erect attitudinal, structural and financial barriers to effective treatment and recovery. It is time to take these barriers down.</p>
Campus Resources	<ul style="list-style-type: none"> • Clinical Psychology Center 1444 Mansfield Avenue Missoula, MT 59812 243-2367 http://psychweb.psy.umt.edu/www/graduate_clinical_facilities.asp • Counseling & Psychological Services (CAPS) Curry Health Center 243-4711 http://www.umt.edu/curry/CAPS/ • Self Over Substance Curry Health Center 243-4711 http://www.umt.edu/curry/SOS/ • Student Assault Resource Center (SARC) 243-6559 Curry Health Center 634 Eddy St. http://www.umt.edu/curry/SARC/
Community Resources	<ul style="list-style-type: none"> • A.W.A.R.E

	<p>543-2202 235 N. 1st West www.aware-inc.org</p> <ul style="list-style-type: none"> • The Life Connection (for staff) www.montana.edu/wellness/welltlc.html • Missoula County Health Department 285-4750 301 W. Alder • First Call for Help 549-5555 or 211 • Missoula Forum for Children and Youth 258-3798 Office of Planning & Grants 435 Ryman • Partnership Health Center 258-4789 323 W. Alder • Western Montana Mental Health Center 532-9700 Mental Health Emergency Hotline: 532-9710 Children's Case Management: 532-9770 Carol Graham Home: 549-8309 River House Day Treatment Center: 532-9700 Stepping Stones Case Management: 532-9700 Teen Recovery Center: 721-5379 Turning Point Substance Abuse Treatment: 532-9800 • Friends to Youth 549-0543 1515 E. Broadway http://www.friendstoyouth.org/ • National Alliance on Mental Illness www.nami.org
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MENTORING PROGRAMS	
Campus Resources	<ul style="list-style-type: none"> • TRIO 243-5032 Lommasson Center 180 http://www.umt.edu/trioss/aboutus.htm • Undergraduate Advising Center 243-2835

	<p>Lommasson Center 269 http://www.umt.edu/uac/</p> <ul style="list-style-type: none"> American Indian Student Services 243-6306 Lommasson Center 227 http://life.umt.edu/AISS
Community Resources	<ul style="list-style-type: none"> A.W.A.R.E 543-2202 235 N. 1st West www.aware-inc.org Big Brothers and Sisters 721-2380 1520 S. Russell www.bbsa.org

MONEY	
Campus Resources	<ul style="list-style-type: none"> Army ROTC Program Schreiber 118 243-2769 Financial Aid Griz Central, Lommasson Center 243-5373 www.umt.edu/finaid Student Assistance Foundation 243-5426 Griz Central Lommasson Center www.safmt.org Deferred Payment Plan 243-2223 Business Services - Cashiers Griz Central Lommasson Center http://www.umt.edu/bussrvcs/ Second Chance Program 243-2223 Business Services - Cashiers Griz Central Lommasson Center http://www.umt.edu/bussrvcs/ Verizon Scholarship 243-2223

	<p>Business Services - Cashiers Griz Central Lommasson Center http://www.umt.edu/bussrvcs/</p> <ul style="list-style-type: none"> ASUM Short Term Loans 243-2451 University Center http://www.umt.edu/asum/
Community Resources	<ul style="list-style-type: none"> Fast Web www.fastweb.com Vocational Rehabilitation 329-5400 2675 Palmer, Suite 110 http://www.dphhs.mt.gov/dsd/mvr.shtml Montana Community Development Corp (MCDC) 728-9234 110 E Broadway, 2nd Floor Social Security Administration 1-800-772-1213 70000 SW Higgins Ave, Suite 5 Office of Public Assistance 329-1200 2677 Palmer Suite 100 Student Assistance Foundation 406-495-7800 2500 E. Broadway St. Helena, MT 59601 www.safmt.org

MORTAR BOARD	
Campus Resources	<ul style="list-style-type: none"> UM Montana Penetrulia Chapter 243-2504

NATIVE AMERICAN SERVICES	
Campus Resources	<ul style="list-style-type: none"> American Indian Business Leaders www.aibl.org American Indian Student Services 243-6306 Lommasson 227 http://life.umt.edu/AISS

	<ul style="list-style-type: none"> • Bridges to a Baccalaureate Program 243-5837 Corbin 141 http://bridges.dbs.umt.edu • KYI-YO Indian Club 243-5302
Community Resources	<ul style="list-style-type: none"> • Missoula Indian Center 839-9515 Building#33, Fort Missoula Road www.missoulaindiancenter.com • Tribal Health and Human Services St. Ignatius, MT 1-888-835-8766 406-745-3525

NON-TRADITIONAL STUDENT SUPPORT

Campus Resources	<ul style="list-style-type: none"> • Non-Traditional Students (Phoenix) University Center 205 243-4891
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NUTRITION

Campus Resources	<ul style="list-style-type: none"> • Campus Nutrition Dining Services Lommasson Center 145 243-6325 http://life.umt.edu/uds/name/CampusNutrition
Community Resources	<ul style="list-style-type: none"> • Missoula County Health Department 285-4750 301 W. Alder • Expanded Food and Nutrition Program (EFNEP) 126 Spruce • Community Medical Center Nutrition Center 728-4100 Ext. 7487 2827 Fort Missoula Road

ONLINE CLASSES

Information	
Campus Resources	
Community Resources	

ORIENTATION	
Information	
Campus Resources	<ul style="list-style-type: none"> • Mathematics Placement www.umt.edu/mathplacement
Community Resources	

OUTDOOR PROGRAMS	
Information	
Campus Resources	
Community Resources	

PARTNER & FAMILY MEMBER ASSAULT	
Information	
Campus Resources	<ul style="list-style-type: none"> • Student Assault Resource Center (SARC) 243-5244 Curry Health Center www.umt.edu/curry/Services/SARC
Community Resources	<ul style="list-style-type: none"> • Child Abuse & Neglect Reporting 1-866-820-KIDS • YWCA 542-1944 (24 hour crisis line) 543-6691 1130 W. Broadway www.ywcaofmissoula.org • First Call for Help 549-5555 or 211 • Domestic and Sexual Violence Hotline For Missoula: 1-800-483-7858 • First Step 329-5776 • Crime Victim Advocates 258-4630 301 W. Alder • SSTEP Program Seeley Lake 677-3177

	<ul style="list-style-type: none"> • Crime Victims Compensation Program 303 North Roberts, 4th Floor Helena, MT 1-800-498-6455 406-444-3653
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PHARMACY	
Information	
Campus Resources	
Community Resources	

PHYSICAL FITNESS	
Information	
Campus Resources	<ul style="list-style-type: none"> • Campus Recreation 243-2804
Community Resources	

POLITICAL ACTION	
Information	
Campus Resources	<ul style="list-style-type: none"> • Student Political Action Office 243-2039 University Center Room 105 asum.spadir@mso.umt.edu
Community Resources	

PREGNANCY	
Information	
Campus Resources	<ul style="list-style-type: none"> • Curry Health Center 243-2122
Community Resources	<ul style="list-style-type: none"> • First Way Pregnancy Support Center 1-800-322-0406 127 E Main, Suite 203 • Missoula County Health Department 285-4750 301 W. Alder • Mountain Home Montana 541-4663 2606 South Ave W. www.mountainhomemt.org

	<ul style="list-style-type: none"> • Planned Parenthood 728-5490 219 E Main www.impp.org • Blue Mountain Clinic 721-1646 610 N. California • Partnership Health Center 523-4769 • Baby Your Baby 1-800-421-MOMS (6667) • WIC Lactation Specialist 258-4740 301 W. Alder • Le Leche League 543-6937 • Public Health Nurse 523-4750 301 W. Alder St. • Lutheran Social Services of Montana 549-0147 1-800-497-4341 • Catholic Social Services 1-800-222-9383 • Adolescent Pregnancy and Parenting Program Missoula County Health Department 258-4750 301 W. Alder
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PSYCHOLOGICAL SERVICES	
Information	
Campus Resources	<ul style="list-style-type: none"> • Clinical Psychology Center 1444 Mansfield Avenue Missoula, MT 59812 243-2367 • Counseling & Psychological Services (CAPS) Curry Health Center
Community Resources	<ul style="list-style-type: none"> • A.W.A.R.E 543-2202

	<p>235 N. 1st West www.aware-inc.org</p> <ul style="list-style-type: none"> • Missoula County Health Department 285-4750 301 W. Alder • First Call for Help 549-5555 or 211 • Partnership Health Center 258-4789 323 W. Alder • Western Montana Mental Health Center Mental Health Emergency Hotline: 532-9710 Children’s Case Management: 532-9770 Carol Graham Home: 549-8309 River House Day Treatment Center: 532-9700 Stepping Stones Case Management: 532-9700 Teen Recovery Center: 721-5379 Turning Point Substance Abuse Treatment: 532-9800
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PUBLIC SAFETY	
Information	
Campus Resources	<ul style="list-style-type: none"> • Office of Public Safety Physical Plant Building 32 243-6131 • Office of Public Safety Emergency Reporting 243-4000
Community Resources	<ul style="list-style-type: none"> • 911 • Child Abuse & Neglect Reporting 1-866-820-KIDS • First Call for Help 549-5555 or 211 • YWCA 542-1944 (24 hour crisis line) 543-6691 1130 W. Broadway www.ywcaofmissoula.org

RECREATION	
Information	
Campus Resources	<ul style="list-style-type: none"> • Campus Recreation 243-2804 Fitness & Recreation Center Room 208 www.umt.edu/sa/crec
Community Resources	

REFUGEE ASSISTANCE	
Information	
Campus Resources	<ul style="list-style-type: none"> • Refugee Assistance Corporation 721-5052 715 Kensington, Suite 16
Community Resources	

RELATIONSHIP VIOLENCE	
Information	
Campus Resources	
Community Resources	<ul style="list-style-type: none"> • Child Abuse & Neglect Reporting 1-866-820-KIDS • YWCA 542-1944 1130 W. Broadway • First Call for Help 549-5555 or 211 • YWCA 542-1944 (24 hour crisis line) 543-6691 1130 W. Broadway www.ywcaofmissoula.org • Domestic and Sexual Violence Hotline For Missoula: 1-800-483-7858 • First Step 329-5776 • Crime Victim Advocates 258-4630 301 W. Alder • SSTEP Program Seeley Lake

	<p>677-3177</p> <ul style="list-style-type: none"> • Crime Victims Compensation Program 303 North Roberts, 4th Floor Helena, MT 1-800-498-6455 406-444-3653
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RENTER RIGHTS	
Information	
Campus Resources	<ul style="list-style-type: none"> • Off-Campus Renter Center 243-2017 University Center Room 105 www.umt.edu/asum/rentercenter
Community Resources	

SCHEDULES & CALENDARS	
Information	
Campus Resources	<ul style="list-style-type: none"> • Academic Calendar http://www.umt.edu/provost/academiccalendar.htm • Calendar of Arts http://www.sfa.umt.edu/umcalendar2/umevents.html • Class Schedule www.umt.edu/cyberbear • Finals Schedule http://www.umt.edu/registrar/finals_schedules.htm • Orientation http://admissions.umt.edu/orientation.html • UM Events Calendar http://news.umt.edu/index.php?option=com_jcalpro&Itemid=54&extmode=cal • Adams Center http://www.adamseventcenter.com/
Community Resources	<ul style="list-style-type: none"> • Missoula Events http://www.missoulaevents.net/

SECURITY	
Information	
Campus Resources	
Community Resources	<ul style="list-style-type: none"> • Child Abuse & Neglect Reporting 1-866-820-KIDS • First Call for Help 549-5555 or 211

SERVICE LEARNING	
Information	
Campus Resources	
Community Resources	

SEX & SEXUALITY	
Information	
Campus Resources	<ul style="list-style-type: none"> • UM Allies • Health Enhancement • Student Assault Resource Center (SARC) 243-5244 Curry Health Center www.umt.edu/curry/Services/SARC
Community Resources	<ul style="list-style-type: none"> • Child Abuse & Neglect Reporting 1-866-820-KIDS • First Call for Help 549-5555 or 211 • Sex Addicts Anonymous • 550-4350 • www.saabetterway@yahoo.com

SEXUAL ASSAULT	
Information	
Campus Resources	<ul style="list-style-type: none"> • Student Assault Resource Center (SARC) 243-5244 Curry Health Center www.umt.edu/curry/Services/SARC
Community Resources	<ul style="list-style-type: none"> • Child Abuse & Neglect Reporting 1-866-820-KIDS

	<ul style="list-style-type: none"> • First Call for Help 549-5555 or 211 • YWCA 542-1944 (24 hour crisis line) 543-6691 1130 W. Broadway www.ywcaofmissoula.org • Domestic and Sexual Violence Hotline For Missoula: 1-800-483-7858 • First Step 329-5776 • Crime Victim Advocates 258-4630 301 W. Alder • SSTEP Program Seeley Lake 677-3177 • Crime Victims Compensation Program 303 North Roberts, 4th Floor Helena, MT 1-800-498-6455 406-444-3653
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SEXUAL ORIENTATION	
Information	
Campus Resources	<ul style="list-style-type: none"> • UM Allies • Health Enhancement • Student Assault Resource Center (SARC) 243-5244 Curry Health Center www.umt.edu/curry/Services/SARC
Community Resources	

SMOKING - QUITTING	
Information	
Campus Resources	<ul style="list-style-type: none"> • Curry Health Center Health Enhancement

	<p>Quit Kits 243-2809</p> <ul style="list-style-type: none"> • Curry Health Center Self Over Substances Counseling 243-4711
Community Resources	•

SOCIAL SERVICES	
Information	
Campus Resources	
Community Resources	<ul style="list-style-type: none"> • Office of Public Assistance 329-1200 2677 Palmer, Suite 100 • Women and Infant Children (WIC) 543-4740 301 W. Alder • Office of Public Assistance Food Stamps 329-1200 2677 Palmer, Suite 100 Hotline-Citizen's Advocate: 1-800-332-2272 • Job Service 728-4060 529 S. 3rd St. W. • Child and Family Services 523-4100 2677 Palmer, Suite 300 • Missoula County Health Department 285-4750 301 W. Alder • First Call for Help 549-5555 or 211 • Montana People's Action

	<p>728-5297 208 E. Main www.mtpaction.org</p>
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SORORITY	
Information	
Campus Resources	<ul style="list-style-type: none"> • Greek Life Office 243-2005 University Center Room 209B www.umt.edu/greek
Community Resources	

STUDENT GROUPS	
Information	
Campus Resources	<ul style="list-style-type: none"> • ASUM University Center 105 243-2451 www.umt.edu/asum • Office of Student Involvement University Center 211 243-2005
Community Resources	

STUDENT HEALTH INSURANCE	
Information	
Campus Resources	<ul style="list-style-type: none"> • Off-Campus Renter Center 243-2017 University Center Room 105 www.umt.edu/asum/rentercenter
Community Resources	

SUBSTANCE USE & ABUSE	
Information	
Campus Resources	<ul style="list-style-type: none"> • Alcohol Policies http://life.umt.edu/VPSA/page/2598 • Health Enhancement

	<p>Curry Health Center</p> <ul style="list-style-type: none"> • Illicet Drug Policies http://life.umt.edu/VPSA/page/2596 • Tobacco Policies http://life.umt.edu/VPSA/page/2598 • Self Over Substance (S.O.S.) 243-4711 Curry Health Center 634 Eddy Ave
Community Resources	<ul style="list-style-type: none"> • Child Abuse & Neglect Reporting 1-866-820-KIDS • AA- Alcoholics Anonymous 543-0011 or 523-7799 www.alcoholics-anonymous.org • Alcohol & Treatment 24 Hour Help Line 1-800-477-6751 • Substance Abuse Treatment & Referral Hotline 1-800-662-4357 • Community Care 330 E Main 549-2890 www.communitycaremissoula.org • First Call for Help 549-5555 or 211 • Missoula Forum for Children and Youth 258-3798 Office of Planning & Grants 435 Ryman • Narcotics Anonymous Hotline 1-800-990-6262 • Project Success Big Sky High School: 728-2400 Hellgate High School: Ext. 6048 Sentinel High School: Ext. 7612 Willard Alternative Learning Center: Ext. 4760

	<ul style="list-style-type: none"> • Turning Point Addiction Services 532-9800 1325 Wyoming St • Western Montana Mental Health Center Mental Health Emergency Hotline: 532-9710 Children’s Case Management: 532-9770 Carol Graham Home: 549-8309 River House Day Treatment Center: 532-9700 Stepping Stones Case Management: 532-9700 Teen Recovery Center: 721-5379 Turning Point Substance Abuse Treatment: 532-9800 • Focus on Recovery 1-800-888-9383 • Share House 532-9830
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SUICIDE PREVENTION & INTERVENTION	
Information	<p>FACTS:</p> <ul style="list-style-type: none"> • Every 17 minutes someone in the US dies by suicide • Suicide is the most preventable death • Montana ranks within the top 5 states for suicide, currently we rank #1. • Confronting someone about suicide will not increase their risk • Intention is expressed often times before suicide is attempted. <p>WARNING SIGNS:</p> <ul style="list-style-type: none"> • Threatening to harm self • Seeking access to guns, pills, etc. • Preoccupation with death or suicide • Hopelessness • Increased use of alcohol or drugs • Withdrawing from friends, family, activities, or school • Engaging in Risky Behaviors • Lack of sleep/Sleeplessness • Mood Changes • Give important things away • Taking care of business <p>WHAT TO DO:</p> <ul style="list-style-type: none"> • Do not leave them alone • Call friends and family for support • Contact professional (doctor or mental health provider) • Take person to the ER if not able to reach doctor or mental

	<p>health professional.</p> <ul style="list-style-type: none"> • Call 911 or Public Safety at 243-6131 • Remove access to guns, drugs or other means
Campus Resources	<ul style="list-style-type: none"> • Counseling and Psychological Services (CAPS) 243-4711 Curry Health Center • Student Assault Resource Center (SARC) 243-5244 Curry Health Center www.umt.edu/curry/Services/SARC • Health Enhancement Help Someone, Help Yourself Program 243-2809 Curry Health Center Room 112
Community Resources	<ul style="list-style-type: none"> • 1-800-273-TALK • Maureen O'Malley, LCSW Missoula City-County Health Department 406-258-3881 omalley@ho.missoula.mt.us www.co.missoula.mt.us/health www.co.missoula.mt.us/Measures • Child Abuse & Neglect Reporting 1-866-820-KIDS • First Call for Help 549-5555 or 211 • Western Montana Mental Health Center Mental Health Emergency Hotline: 532-9710 Children's Case Management: 532-9770 Carol Graham Home: 549-8309 River House Day Treatment Center: 532-9700 Stepping Stones Case Management: 532-9700 Teen Recovery Center: 721-5379 Turning Point Substance Abuse Treatment: 532-9800 • Friends to Youth 1515 E Broadway http://www.friendstoyouth.org/ • Full Circle 532-1615 1903 S Russell St Missoula, MT 59801

	<ul style="list-style-type: none"> • American Foundation for Suicide Prevention www.afsp.org • Stop a Suicide Today www.stopasuicide.org • Internet Mental Health www.mentalhealth.com • Missoula Coalition for Suicide Prevention 543-6635 133 Washburn http://www.co.missoula.mt.us/healthpromo/SPN.htm • Commission on Mental Health www.mentalhealthcommission.gov • ISAFE http://www.isafe.org/ • NAMI www.nami.org • Working Minds: Suicide Prevention in the Workplace http://www.workingminds.org/ • QPR Institute http://www.qprinstitute.com/ • Suicide Prevention Resource Center http://www.sprc.org/ • American Red Cross http://www.redcross.org/
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SUSTAINABILITY	
Information	
Campus Resources	<ul style="list-style-type: none"> • Sustainability Center 243-4856 University Center Room 105 asum.sustain@mso.umt.edu
Community Resources	

TECHNICAL SUPPORT	
Information	

Campus Resources	
Community Resources	
TEST ANXIETY	
Information	
Campus Resources	
Community Resources	

TESTING SERVICES	
Information	
Campus Resources	<ul style="list-style-type: none"> • Testing Services 243-6257 Lommasson Center Room 154 www.umt.edu/sa/testing
Community Resources	

TRANSFER CREDIT EVALUATION	
Information	
Campus Resources	
Community Resources	

TRANSPORTATION	
Information	
Campus Resources	<ul style="list-style-type: none"> • ASUM Transportation 243-4599 University Center Room 114 www.umt.edu/asum/ot
Community Resources	<ul style="list-style-type: none"> • Mountain Line 721-3333 1221 Shakespeare St

TUITION & FEES	
Campus Resources	<ul style="list-style-type: none"> • Business Services – Student Accounts 243-2223 Griz Central - Cashiers Lommasson Center http://www.umt.edu/bussrvcs/ • Deferred Payment Plan 243-2223 Business Services Griz Central - Cashiers

	<p>Lommasson Center http://www.umt.edu/bussrvcs/</p> <ul style="list-style-type: none"> • Second Chance Program 243-2223 Business Services Griz Central - Cashieris Lommasson Center http://www.umt.edu/bussrvcs/ • Verizon Scholarship 243-2223 Business Services Griz Central - Cashiers Lommasson Center http://www.umt.edu/bussrvcs/ • Army ROTC Program Schreiber 118 243-2769 • Financial Aid Griz Central, Lommasson Center 243-5373 www.umt.edu/finaid • Student Assistance Foundation 243-5426 Griz Central Lommasson Center www.safmt.org • ASUM Short Term Loans 243-2451 University Center http://www.umt.edu/asum/
Community Resources	<ul style="list-style-type: none"> • Fast Web www.fastweb.com • Vocational Rehabilitation 329-5400 2675 Palmer, Suite 110 http://www.dphhs.mt.gov/dsd/mvr.shtml • Student Assistance Foundation 406-495-7800 2500 E. Broadway St. Helena, MT 59601 www.safmt.org

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TUTORING	
Information	
Campus Resources	<ul style="list-style-type: none"> • TRIO 243-5032 Trio.SSS@mso.umt.edu www.umt.edu/trioss • Mathematics Lab Math B3 243-5311 • Math Pilot Math Building Room 111 243-5672 • Writing Center LA 144 243-2266 www.umt.edu/writingcenter
Community Resources	

UNIVERSITY VILLAGES	
Campus Resources	<ul style="list-style-type: none"> • University Villages 243-6030 http://life.umt.edu/rlo

VETERAN RESOURCES	
Information	
Campus Resources	<ul style="list-style-type: none"> • Veteran's Coordinator Registrar's Office 243-2744 Lommasson Center Room 201
Community Resources	<ul style="list-style-type: none"> • Veteran's Center 721-4918 500 N. Higgins • Western Montana Mental Health Center Mental Health Emergency Hotline: 532-9710

	<p>Children’s Case Management: 532-9770 Carol Graham Home: 549-8309 River House Day Treatment Center: 532-9700 Stepping Stones Case Management: 532-9700 Teen Recovery Center: 721-5379 Turning Point Substance Abuse Treatment: 532-9800</p>
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VISTA Project	
Information	
Campus Resources	<ul style="list-style-type: none"> • Campus Compact
Community Resources	

VOLUNTEER OPPORTUNITIES	
Information	
Campus Resources	<ul style="list-style-type: none"> • Office for Civic Engagement 243-4442 Davidson Honors College Room 15 www.umt.edu/oce • Office of Student Involvement University Center 211 243-2005
Community Resources	

WIRELESS INTERNET	
Campus Resources	<ul style="list-style-type: none"> • IT Central Social Sciences 120 243-HELP 243-4357 ITCentral@umontana.edu www.umt.edu/itcentral • Direct Connect Elrod Hall 113 243-2625

WOMEN’S PROGRAMS	
Information	
Campus Resources	
Community Resources	<ul style="list-style-type: none"> • Women’s Opportunity & Resource Development (WORD)

	<p>543-3550 127 N. Higgins, #305</p> <ul style="list-style-type: none">• Blue Mountain Clinic 721-1646 610 N. California www.bluemountainclinic.com• Child Abuse & Neglect Reporting 1-866-820-KIDS• First Call for Help • 549-5555 or 211• First Way Pregnancy 1-800-322-0406 127 E Main, Suite 203• Missoula County Health Department 285-4750 301 W. Alder• Partnership Health Center 258-4789 323 W. Alder• Planned Parenthood 728-5490 219 E Main www.impp.org• YWCA 542-1944 (24 hour crisis line) 543-6691 1130 W. Broadway www.ywcaofmissoula.org• Mountain Home Montana 541-4663 2606 South Ave W. www.mountainhomemt.org• Baby Your Baby 1-800-421-MOMS (6667)• WIC Lactation Specialist 258-4740 301 W. Alder• Le Leche League
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	<p>543-6937</p> <ul style="list-style-type: none">• Public Health Nurse 523-4750 301 W. Alder St.• Lutheran Social Services of Montana 549-0147 1-800-497-4341• Catholic Social Services 1-800-222-9383• Women of a Certain Age 542-3400 1637 S. Higgins
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