

## MENTAL HEALTH AND PHYSICAL HEALTH SERVICES

### National Suicide Prevention Lifeline

Phone: 1-800-273-8255

### Crisis Text Line

Text: HOME to 741741

Text about any type of crisis

### Planned Parenthood-Northland Health Center (Free/Sliding scale WOMEN'S Health Services)

Location: 2900 NE 60th St, Gladstone, MO 64119

Hours: Monday & Thursday from 11 a.m. - 7 p.m., Tuesday, Wednesday & Friday from 9 a.m. - 5 p.m.

Phone: (816) 453-6000 Website: <https://www.plannedparenthood.org/health-center/missouri>

### Parkville Women's Clinic

Location: 6326 N Lucerne Ave, Kansas City, MO 64151

Hours: Monday & Wednesday from Noon - 4 p.m. and Tuesday & Thursday from Noon - 5:30 p.m.

Phone: (816) 746-4855 (Must call for an appointment) Website: <http://www.parkvillewomensclinic.com>

### Platte County Health Department (Free/Sliding Scale Health Services for MEN and WOMEN)

Location: 1201 East St, Parkville, MO 64152

Hours: Monday- Friday, 8 a.m. - 4:30 p.m.

Phone: (816) 587-5998 (Must call for an appointment) Website: <https://www.plattecountyhealthdept.com>

### Riverview Health Services (Assistance for uninsured, under-insured to afford medications)

Location: 722 Reynolds Ave., Kansas City, KS 66101

Hours: Monday, Tuesday and Friday from 8:30 a.m. - 4 p.m., Wednesdays and Saturdays from 8:30 a.m. to Noon

Phone: (913) 371-7070 Website: <http://www.riverviewhealthservices.org>

### Tri-County Mental Health Services (Sliding scale Mental Health Services for MEN and WOMEN)

Location: 3100 NE 83rd St. #1001, Kansas City, MO 64119

Hours: Monday-Friday 8:30 a.m. - 5 p.m.

Phone: (816) 468-0400 (Must call for an appointment) Website: <https://www.tri-countymhs.org>

## SEXUAL AND DOMESTIC VIOLENCE

National Sexual Assault Hotline 1-800-656-4673

National Domestic Violence Hotline 1-800-799-7233

### Kansas City Anti-Violence Project

Location and Hours: 4050 Pennsylvania Avenue, Downtown Kansas City, MO 64111, Monday - Friday from 10 a.m. - 6 p.m.

Phone: (816)-561-0550

LGBTQA organization – can help provide emergency housing. No appointments needed

MOCSA 24 hour crisis hotline (816) 531-0233 or (913) 642-0233

Sexual Violence Hotline

Domestic Violence 24 hour Hotline (816) HOTLINE or (816) 468-5463

# Academic, Financial and Personal Support Resources for Park University Students



## RESOURCES AVAILABLE ON PARK UNIVERSITY'S PARKVILLE CAMPUS

**STUDENT SERVICES** - Not sure where to start to get help?

**Student Advocate - Amanda Bryant**

**Phone:** (816) 584-6376

**Email:** amanda.bryant@park.edu

**Office Location:** 2nd Floor Thompson – across from cafeteria

Ms. Bryant can help you obtain assistance with most anything.

- Housing, including problems with rent, utility bills and finding affordable housing
- Food, including locating food pantries and enrolling in programs such as Women, Infants and Children (WIC) and Supplemental Nutrition Assistance Program (SNAP).
- Direct you to the right person to help with issues with financial aid, work study, child care subsidies, residential life, academic, immigration, domestic violence and sexual assault, mental health including suicide prevention, and more.

**Associate Vice President and Dean of Students – Dr. Jayme Uden**

**Phone:** (816) 584-6595 | **Email:** jayme.uden@park.edu

Dr. Uden can also direct you on how to get help with many issues, including behavioral, residential life, meal plan/food insecurity, academic and financial aid.

**COUNSELING CENTER** - Park University provides free counseling to Park students. To make an initial appointment with the counseling center:

**Email:** counseling.appointments@park.edu

**Office Location and Hours:** Counseling Center is on the first floor of Dearing Hall (next to Chestnut Hall)

Monday through Friday, 8:00 a.m. - 4:30 p.m.

**Phone:** Linda (816) 584-6237 or Dustin (816) 584-6798

THE COUNSELING CENTER CAN HELP WITH MANY ISSUES, SUCH AS:

- Manage transition and change
- Uncertainty about life goals and values
- Establish the stability necessary to complete your education
- Resolve problems in personal relationships
- Feelings of grief and loss
- Develop effective communication skills
- Explore reasons for a lack of motivation, concentration difficulties
- Relationship concerns, including domestic violence issues
- Sexual concerns; sexual orientation
- Eating Disorders
- Depression & Anxiety
- Abuse of alcohol and other drugs
- ADHD
- Manage stress
- Family concerns
- Many other concerns

**ACADEMIC SUPPORT CENTER** - Need help with classes? Park offers tutoring, study halls, disability services, and other academic supports.

**All services are free.**

To get started: "Go See Flo!"

**Office location:** Norrington, 2nd floor

**Phone:** (816) 584-6313

**Email:** fjarrard@park.edu

**FINANCIAL AID** - Questions about financial aid, work study, student employment on campus, etc?

**Phone:** 1-816-584-6290 | **Email:** finaaid@park.edu

Student Employment at Park: If you have any questions regarding the process or documents required, call Student Employment at (816) 584-6397.

**OFFICE OF INTERNATIONAL STUDENTS** - The Office of International Students can help you with many questions related to VISA requirements, immigration, travel, and more.

**Office Location and Hours:** Located in Herr House on Second Floor (Room 207), Mon – Fri, 8:30 a.m. - 4:30 p.m. (8:30 - 16:30) CST

**Phone:** 00 + 1 + 816 + 584 + 6820

**E-mail:** international@park.edu

**RESIDENCE LIFE (HOUSING)** - Questions about housing on the campus? Problems with a roommate or suitemate? Questions about meal plans? Residence Life can help!

**Director - Karie Fields**

**Office Location:** Copley Residence Hall

**Phone:** 816-584-7401 (Office)

**Email:** karie.fields@park.edu

**MILITARY AND VETERAN STUDENT SERVICES** - The Global Warrior Center provides assistance with financial aid for military and veteran students/families, classes and much more.

**Director - Wade Abel**

**Phone:** 816-584-6533

**Office Location:** Thompson, First Floor

## OFF-CAMPUS COMMUNITY RESOURCES

### FOOD

**Parkville Presbyterian Church** (Nearest Off-Campus Food Pantry)

**Location:** 819 Main St., Parkville, MO 64152 (just across street from Park's soccer field)

**Phone:** (816) 746-1057 to request an appointment at this food pantry.

**Appointment Hours:** Monday, Wednesday, Thursday 1 to 3 p.m.; Tuesday and Friday 10 a.m. to noon (bring your student I.D. when you go to your appointment)

**Website:** <http://speacpantry.com/>

Other questions or issues, please call Linda Tillinghast, (816) 741-4841

### A Turning Point

**Location and Hours:** 5135 NW Waukomis Dr, Northmoor, MO 64151, open Tuesday Evenings

**Phone:** (816) 237-0138 **Website:** <https://www.aturningpointkc.org>

### Vineyard Church

**Location:** 12300 NW Arrowhead Trfy, Kansas City, MO 64165

**Hours:** Monday, Wednesday and Saturday from 9 - 11:30 a.m.

**Phone:** (816) 734-8100 **Website:** <http://www.vineyardkcnorth.com>

### Stone Church-Neighborhood Dinner (Hot Meals)

**Location:** 1012 West Lexington Avenue, Independence, MO. 64050

**Hours:** Wednesdays only. Dinner is served at 6 p.m.

**Phone:** (816) 254-2211 **Website:** <http://www.stone-church.org/neighborhood-dinner>

### CLOTHING

#### Goodwill-Northland

**Location:** 1800 North Oak Trfy, Kansas City, MO 64118

**Hours:** Monday-Saturday from 9 a.m. - 9 p.m., Sunday from 11 a.m. to 6 p.m.

**Phone:** (816) 453-9950 **Website:** <https://www.mokangoodwill.org>

### HOUSING

#### reStart

**Location and Hours:** 918 E 9th St., Kansas City, MO 64106

Open daily from 9 a.m. to 8 p.m.

**Phone:** (816) 472-5664 **Website:** <https://restartinc.org>

#### Hillcrest Transitional Housing

**Location:** 2050 Plumbers Way, #180, Liberty, MO 64068

**Hours:** Monday, Tuesday, Wednesday and Friday from 10 a.m. - 2 p.m.

**Phone:** (816) 994-6934 **Website:** <https://www.hillcresttransitionalhousing.org>