

Where to Ask for Help at UMN Twin Cities

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

Help for Suicidality and Mental Health Concerns

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

Help for Sexual Assault

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

Help for Prejudice and Hate Crimes

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

Help for Access, Disability, or Mental Health Accommodations

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

Help for Students who are Parents

- [Student Parent Help Center](#): 612-626-6015

Help for International Students

- [International Student and Scholar Services](#): 612-626-7100
- [Multicultural Center for Academic Excellence](#): 612-624-6386
- [Student Cultural Centers](#): Second floor of Coffman Union

Help for LGBTQ Students

- [Gender and Sexuality Center for Queer and Trans Life](#): 612-625-0537
- [Trevor Project](#): Helpline for suicidality
 - Text “Trevor” to 202-304-1200
 - 24-hour Helpline: 866-488-7386

Help for Students of Color

- [Office for Diversity in Graduate Education](#): 612-625-6858
- [Equal Opportunity and Affirmative Action](#): 612-624-9547

Help for Women

- [Women’s Center](#): 612-625-9837
- Kimberly Hewitt, [Title IX Coordinator in Equal Opportunity and Affirmative Action](#): 612-624-9547

Help for Professional and Student Conflicts

- [Student Conflict Resolution Center](#): 612-624-7272

Help for Academic Stress & Support

- [Student Counseling Service](#): 612-624-3323
- [Writing Center](#): 612-626-7579 [Disability Resource Center](#): 612-626-1333

Help for Complex Cases & Coordination of Services

- Emily O’Hara, Care Manager at the Office for Student Affairs: 612-625-2517