



**University of North Texas Health Science Center**  
**Office of Care and Civility Resource Guidebook**

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THE UNIVERSITY *of* NORTH TEXAS  
HEALTH SCIENCE CENTER *at* FORT WORTH

TEL: 817 735-2000 | 3500 Camp Bowie Blvd., Fort Worth, Texas 76107 | [unthsc.edu](http://unthsc.edu)

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*Please note that the community and national resources listed are not meant to be comprehensive in nature and are not affiliated with HSC.*

*If you have any questions regarding resources, please don't hesitate to contact the Office of Care and Civility [OCC@unthsc.edu](mailto:OCC@unthsc.edu)*

# Campus Resources

**Care Team** | SSC 2<sup>nd</sup> floor | 817.735.2740 | [careteam@unthsc.edu](mailto:careteam@unthsc.edu)

<https://www.unthsc.edu/care-and-civility/care-team/>

- Contribute to healthier communities by assisting in protecting the health, safety and the HSC community
- Non-clinical case management services to foster student success
- Provide a comprehensive response to students
- Report a Student of Concern: <https://unthsc.edu/studentofconcern>

**Career Readiness Center** | SSC 2<sup>nd</sup> floor | 817.735.5020 | [CareerCenter@unthsc.edu](mailto:CareerCenter@unthsc.edu)

<https://www.unthsc.edu/students/career-center/>

- Career Assessment
- Interviewing and Etiquette Skills
- Resume/CV. Cover Letter Assistance
- Job Fair and Job Posting Information
- Job Search Series

**Center for Academic Performance** | SSC 2<sup>nd</sup> floor | 817.735.2531 | [CAP@unthsc.edu](mailto:CAP@unthsc.edu)

<https://www.unthsc.edu/students/center-for-academic-performance/>

- Academic Counseling and Resources
- Learning and Study Strategies Assessments
- Writing Support
- Tutoring
- Workshops
  - Time Management
  - Test-Taking Skills
  - Paper Formatting
  - Learning Styles

**Institute for Health Aging** | 817.735.5408 | <https://www.unthsc.edu/healthy-aging/>

**Community Garden** | 3621 W. 7<sup>th</sup> Street, Fort Worth, TX 76107 | 817.735.2451 |

<https://www.unthsc.edu/operations/sustainability/community-garden-locations-design/>

**Financial Aid** | SSC 1<sup>st</sup> floor | 817.735.2505 | [finaid@unthsc.edu](mailto:finaid@unthsc.edu)  
<https://www.unthsc.edu/financial-aid/>

- Loan Disbursement Dates
- External/Outside Scholarships
- Types of Aid and How to Apply
- Cost of Attendance
- Withdrawal/Leave of Absence/Return of Title IV Fund
- Special Circumstance Form

**Gibson D. Lewis Health Science Library** | 3500 Camp Bowie Boulevard, Fort Worth, TX 76107 | 817.735.2465 | <https://library.hsc.unt.edu/>

**International Services** | SSC 2<sup>nd</sup> floor | 817.735.2780 |  
<https://www.unthsc.edu/students/international-student-and-scholar-services/>

- Maintaining F1 Status
- CBP 1-94 Retrieval
- Internal Student Association

**Office of Disability Accommodations** | SSC 2<sup>nd</sup> floor | 817.735.2134 |  
<https://www.unthsc.edu/students/office-of-disability-accomodations/>

- Facilitates academic accommodations with documentation
- Assist students with class access concerns
- Liaison between students and department
- Coordinated equipment access for in-class use
- Works with students and professors regarding accommodations needed

**Office of the Registrar** | SSC 2<sup>nd</sup> floor | 817.735.2201 | [Registrar@unthsc.edu](mailto:Registrar@unthsc.edu)  
<https://www.unthsc.edu/students/registrar/>

- Loan Deferments
- Transcript Requests
- Enrollment Verifications
- VA Certification
- Add/Drop Classes
- Withdrawal/Leave of Absence

**Office of Sustainability** | Facilities Management, 3416 Darcy Rm. 110, Fort Worth, TX 76107 | 817.753.2451 | <https://www.unthsc.edu/operations/sustainability/contact-us/>

**Student Food Pantry** | 1051 Haskell Ave., Fort Worth, TX 76107 | Student Service Center 180 | 817.753.5172 | <https://www.unthsc.edu/care-and-civility/wellness-programs/food-pantry/>

- Free non-perishable food, toiletries, and limited kitchen utensils

- Occasional fresh herbs and produce
- Recipes and cooking tips

**Student Health Clinic** | IREB 1st floor | 817.735.5051 | [StudentHealth@unthsc.edu](mailto:StudentHealth@unthsc.edu)  
<https://www.unthsc.edu/students/student-health/clinic-information/>

- Services: Primary Care and Psychiatric
- Consultation, evaluation, diagnosis, and treatment
- Prescribe, monitor, and manage medications
- Mental Health Counseling

**HSC Fitness Center** | Founders Activity Center (FAC) Building, 3500 Camp Bowie Blvd, Fort Worth, TX 76107 | 817.735.2209 | <https://www.unthsc.edu/care-and-civility/fitness-center/>

**TELUS Health Student Support (24/7 immediate and ongoing counseling)** | 866.743.7732 | [us.myissp.com](https://us.myissp.com) | or call or chat directly from the free app

- Cultural Adaptation
- Mental Health
- Student Life
- Relationships
- Anxiety
- Stress

## Community Resources

[Please note that these resources are not meant to be comprehensive in nature and are not affiliated with HSC.]

**HOPE Directory** | 817.735.2070 | <https://hope.hsc.unt.edu/>

**MHMR Tarrant** | 1350 E Lancaster Ave, Ft. Worth, TX 76102 | 817.569.5400 | <https://www.mhmrtarrant.org/addiction-services/>

- Mental health and substance use support
- Crisis help line – 817-335-3022

**Mesa Springs** | 5560 Mesa Springs Dr, Ft. Worth, TX 76123 | 817.612.9272 | <https://mesasprings.com/>

- Behavioral health assessments
- Inpatient and outpatient mental health services
- Inpatient and outpatient drug and alcohol recovery support

**Greenhouse Treatment Center** | 1171 107<sup>th</sup> St., Grand Prairie, TX 75050 | 469.423.6967 | <https://greenhousetreatment.com/>

**Don't Forget to Feed Me** | 817.334.0727 | <https://dontforgettofeedme.org/get-help/>

**Pregnancy Help 4 U** | 5857 Park Vista Cir, Keller, TX, 76244 | 817.753.6222 | <https://www.pregnancyhelp4u.org/>

## National Resources

[Please note that these resources are not meant to be comprehensive in nature and are not affiliated with UNTHSC.]

### Cultural Resources

**National Association for the Advancement of Colored People (NAACP)** | 4805 Mt. Hope Drive, Baltimore, MD 21215 | 410.580.5777 or 877.622.2798 (toll-free) | <http://www.naacp.org/>

**NCAPA: List of National Coalition Members** | 1629 K Street NW, Suite 400, Washington, DC 20006 | 202.706.6768 | [http://www.ncapaonline.org/coalition\\_members](http://www.ncapaonline.org/coalition_members)

**League of United Latin American Citizens (LULAC)** | 1133 19<sup>th</sup> Street, NW, Suite 1000, Washington, DC 20036 | 202.833.6130 | <https://lulac.org/>

### Domestic & Sexual Violence Resources

**National Center for Victims of Crime** | 2000 M Street NW, Suite 480, Washington, DC 20036 | 202.467.8700 | <http://victimsofcrime.org/>

**National Child Abuse Hotline** | 1.800.422.4453 | <http://www.childhelp.org/>

**National Dating Abuse Helpline** | 1.866.331.9474 | <http://www.loveisrespect.org/>

**National Domestic Violence Hotline** | 1.800.799.7233 | <http://www.thehotline.org/>

**National Human Trafficking Resource Center** | 1.888.373.7888 or Text 233733 | <http://www.traffickingresourcecenter.org/>

**National Network to End Domestic Violence Hotline** | 1.800.799.7233 | <https://nnedv.org/>

**National Resource Center on Domestic Violence** | 1.800.799.7233 | <http://www.nrcdv.org/>

**National Sexual Assault Hotline** | 1.800.656.4673 | <https://www.rainn.org/>

**National Suicide Prevention Lifeline** | 1.800.273.8255 | <http://www.suicidepreventionlifeline.org/>

**Texas Advocacy Project, Family Violence Legal Line** | 800.374.4673 | <http://www.texasadvocacyproject.org/index.php>

**Texas Advocacy Project, Sexual Assault Legal Hotline** | 888.296.7233 | <http://www.texasadvocacyproject.org/index.php>

**Texas Child Protective Services Hotline** | 1.800.252.5400 | <http://www.dfps.state.tx.us/>

**Veterans Crisis Hotline** | 1.800.273.8255, Press 1 | <http://veteranscrisisline.net/>



## Environmental Resources

**Blue Zones Project** | 1300 Summit Avenue Suite 750, Fort Worth, TX 76102 | 817.869.0900 | bluezonesprojectfortworth@sharecare.com | <https://fortworth.bluezonesproject.com/>

**Earth911** | <http://earth911.com/>

**Guide to Sustainability in College & Life** | <http://www.accreditedschoolsonline.org/resources/going-green-at-school/>

**National Environmental Organizations List** | <http://www.eco-usa.net/orgs/national.shtml>

**Sustainability at the Environmental Protection Agency** | 1200 Pennsylvania Ave, NW (1807T), Washington, DC 20460 | 202.564.4700 | <https://www.epa.gov/sustainability>

## Financial Assistance

**Astra Zeneca Prescription Assistance** | 1.800.292.6363 | <http://www.astrazeneca-us.com/medicines/help-affording-your-medicines/azandme-prescription-savings-programs>

**Doctors Without Quarters** | 1015 Corporate Square Dr., Suite 300, Saint Louis, MO 63132 | 314.787.7399 | <http://www.dwoq.com/>

**Federal Student Financial Aid** | 1.800.557.7394 | <https://studentloans.gov/myDirectLoan/index.action>

**Glaxo Smith Kline Bridges to Access Prescription Help** | 1.866.728.4368 | <https://www.gskforyou.com/>

**Lilly Cares Prescription Help** | 1.800.545.6962 | <http://www.lillytruassist.com/aboutlillycares.aspx>

**My Money- Financial Literacy and Education** | 1500 Pennsylvania Avenue, N.W. Washington, DC | 1.800.333.4636 | <https://www.mymoney.gov/>

**National Foundation for Credit Counseling** | 800.388.2227 | <https://www.nfcc.org/>

**Pfizer Rx Pathways Assistance Programs** | 235 East 42nd Street NY, NY 10017 | 212.733.2323 | [http://www.pfizer.com/health/financial\\_assistance\\_programs/patient\\_assistance\\_programs](http://www.pfizer.com/health/financial_assistance_programs/patient_assistance_programs)

**Suze Orman Resource Center** | <http://www.suzeorman.com/resource-center/>

## Intellectual Resources

**Digital Public Library of America** | <https://dp.la/>

**Harvard University Online Learning** | [https://online-learning.harvard.edu/courses?sort\\_by=date\\_added&cost%5B%5D=free](https://online-learning.harvard.edu/courses?sort_by=date_added&cost%5B%5D=free)

**National Library Service for the Blind and Physically Handicapped** |  
<https://www.loc.gov/nls/>

**North Carolina State- Index of Learning Styles** | [rmfelder@mindspring.com](mailto:rmfelder@mindspring.com) |  
<http://www4.ncsu.edu/unity/lockers/users/f/felder/public/ILSpa.html>

**Open 2 Study** | <https://www.open2study.com/courses>

**Library of Congress** | <https://www.loc.gov/>

**Pace University- Learning Styles & Maximizing Success** | 156 William Street, 8<sup>th</sup> Floor, NYC  
| 212.346.1526 | <https://www.pace.edu/counseling/resources-and-grants/self-help-resources/learning-styles>

**University of Cincinnati Learning Assistance Center- Learning Styles & Study Habits** |  
2510B French Hall West, 2815 Commons Way, Cincinnati, OH 45221 | 513.556.0823 |  
[lac@uc.edu](mailto:lac@uc.edu) | <https://www.uc.edu/learningcommons/resource/resources2.html>

## **Mental Health & Counseling Services**

**Actively Moving Forward (AFM) Support Network for College Students** | 2934½ Beverly  
Glen Circle, #266, Los Angeles, CA 90077 | 1.888.489.9654 | <https://healgrief.org/actively-moving-forward/>

**ARK Behavioral Health** | 500 Victory Rd, Quincy, MA 02171 | 855.481.0589 |  
<https://www.arkbh.com/>

**Bereaved Parents of the USA** | National Office, c/o Katherine Corrigan, 5 Vanek Road,  
Poughkeepsie, NY 12603 | 845.462.2825 | <http://www.bereavedparentsusa.org/>

**Living Works** | P.O. Box 9607, Fayetteville, North Carolina 28311 | 910.867.8822 or  
1.888.733.5484 (toll-free) | [usa@livingworks.net](mailto:usa@livingworks.net) | <https://www.livingworks.net/>

**National Alliance for Grieving Children** | 3500 North A Street, Suite A-2 | Midland, TX 79705  
| 866.432.1542 | <http://www.childrengrieve.org/>

**National Suicide Prevention Lifeline** | 1.800.273.8255 |  
<http://www.suicidepreventionlifeline.org/>

**New York Life Foundation** | 51 Madison Ave, New York, NY 10010 | 212.576.7341 |  
[nylfoundation@newyorklife.com](mailto:nylfoundation@newyorklife.com) | <http://www.newyorklife.com/achildgrief>

**The Compassionate Friends** | P.O. Box 3696, Oak Brook, IL 60522 (or) 1000 Jorie Blvd, Suite  
140, Oak Brook, IL 60523 | 630.990.0010 or 877.969.0010 (toll-free) |  
<https://www.compassionatefriends.org/>

**The Jason Foundation** | 18 Volunteer Drive, Henderson, TN 37075 | 1.888.881.2323 or  
615.264.2323 | [contact@jasonfoundation.com](mailto:contact@jasonfoundation.com) | <http://jasonfoundation.com/>

## Occupational Health Resources

**American Association of Colleges of Pharmacy (AACP)** | 1727 King Street, Alexandria, VA 22314 | 703.739.2330 | mail@aacp.org | <http://www.aacp.org/career/careercenter/Pages/default.aspx>

**American Association of Colleges of Osteopathic Medicine (AACOM)** | 7700 Old Georgetown Road, Suite 250, Bethesda, MD 20814 | 301.968.4100 | webmaster@aacom.org | <http://www.aacom.org>

**Association of Clinical Research Professionals (ACRP)** | 99 Canal Center Plaza, Suite 200, Alexandria, VA 22314 | 703.254.8100 | office@acrpnnet.org | <https://www.acrpnnet.org/>

**American Physical Therapy Association** | 1111 North Fairfax Street, Alexandria, VA 22314 | 800.999.2782 | <http://www.apta.org/apta/hotjobs/default.aspx>

**ExploreHealthCareers.org** | <https://explorehealthcareers.org/career-explorer/> | Email comments and questions to feedback@explorehealthcareers.org

**Texas Academy of Physician Assistants** | 401 W. 15<sup>th</sup> Street, Ste. 100, Austin, TX 78701 | 800.280.7655 | admin@tapa.org | <https://www.tapa.org/amsimis/>

**Texas Hospital Association** | 1108 Lavaca, Suite 700, Austin, TX 78701 | 512.465.1000 | info@tha.org | <http://texashealthcarejobs.jobscience.com/JsrApp/index.cfm?prodApp=CC153C84-AF0B-4F17-A32A-75AEC3B65159>

**Texas Pharmacy Association** | 3200 Steck Avenue, Suite 370, Austin, TX 78757 | 800.505.5463 | <http://www.texaspharmacy.org/>

**Texas Physical Therapy Association** | 900 Congress Avenue, Suite 410, Austin, TX 78701 | 512.477.1818 | <http://www.tpta.org/>

**Texas Public Health Association** | P.O. Box 201540, Austin, TX 78720 | 512.336.2520 | txpha@aol.com | <http://www.texaspha.org/>

**U.S. Bureau of Labor Statistics** | Office of Occupational Statistics and Employment Projections | 2 Massachusetts Avenue, PSB Suite 2135, NE Washington, DC 20212 | 202.691.5700 | <https://stats.bls.gov/ooh/>

## Physical Activity Resources

**Centers for Disease Control and Prevention** | 1600 Clifton Road, Atlanta, GA 30329 | 800.232.4636 | <https://www.cdc.gov/physicalactivity/basics/index.htm>

**National Heart, Lung, and Blood Institute** | NHLBI Health Information Center P.O Box 30105, Bethesda, MD 20824 | 301.592.8573 | [nhlbiinfo@nhlbi.nih.gov](mailto:nhlbiinfo@nhlbi.nih.gov) | <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/physical-activity.htm>

**National Institutes of Health** | 9000 Rockville Pike, Bethesda, MD 20892 | 301.496.4000 | <https://www.nih.gov/>

**President's Council on Fitness, Sports & Nutrition** | 1101 Wootton Parkway Suite 560, Rockville, MD 20852 | 240.276.9567 | [fitness@hhs.gov](mailto:fitness@hhs.gov) | <https://www.hhs.gov/fitness/resource-center/physical-activity-resources/index.html>

**USDA-Nutrition** | 10301 Baltimore Avenue, Beltsville, MD 20705 | 301.504.5414 | [nginbox@ars.usda.gov](mailto:nginbox@ars.usda.gov) | USDA-sponsored website: <https://www.nutrition.gov/> | Food and Nutrition Information Center website: <https://www.nal.usda.gov/fnic>

## Spiritual Resources

**Spirituality and Practice** | 223 W. Foothill Boulevard 2<sup>nd</sup> Floor, Claremont, CA 91711 | 909.447.8800 | [brussat@spiritualityandpractice.com](mailto:brussat@spiritualityandpractice.com) | <http://www.spiritualityandpractice.com/>

**UCLA Mindful Awareness Research Center** | 740 Westwood Plaza, Rm, C8-237, Los Angeles, CA 90095 | 310.206.7503 | [marcinfo@ucla.edu](mailto:marcinfo@ucla.edu) | <http://marc.ucla.edu/body.cfm?id=22&oTopID=22>

**UC San Diego Health-Center for Mindfulness** | 200 West Arbor Drive, San Diego, CA 92103 | 858.657.7000 | <https://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx>

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