

UNIVERSITY OF CENTRAL MISSOURI®

CARE TO ACT

Interpersonal violence, substance misuse, bias and discrimination, and mental health/suicidality are types of harm that affect the well-being and safety of everyone.

UCM's **Care To Act** approach is about each of us being prepared to make a positive difference in these areas, working together to support a culture of care on our campus.

To learn more and to get involved, visit ucmo.edu/caretoact or email healthpromotion@ucmo.edu.

UCM Resources

24-hour Crisis Support Line: 660-543-8008

24-hour Title IX Support Line: 660-441-4855

Counseling Center: 660-543-4060, ucmo.edu/cc

University Health Center: 660-543-4770, ucmo.edu/uhc

Office of Health Promotion: 660-543-8947, ucmo.edu/healthpromo

Central Missouri Clinic: 660-543-4813, ucmo.edu/mft

Public Safety: Phone 660-543-4123, Text 660-422-2632,
ucmo.edu/public-safety

Title IX: 660-543-4114, ucmo.edu/titleix

Office of Accessibility Services: 660-543-4983, ucmo.edu/access

Center for Multiculturalism and Inclusivity: 660-543-8049,
ucmo.edu/cmi

Office of Student Activities: 660-543-4007, ucmo.edu/osa

Student Experience and Engagement: 660-543-4114,
ucmo.edu/student

Success Advising Center: 660-543-4721, ucmo.edu/success

Military and Veterans Services: 660-543-8776, ucmo.edu/military

Online Resources

Care To Act program: ucmo.edu/caretoact

Mental Fitness courses: ucmo.edu/mentalfitness

Safe Zone LGBTQIA+ ally trainings: ucmo.edu/safezone

Ask Listen Refer suicide prevention course:
asklistenrefer.org/ucm