

Health & Wellness Resources

University Of Minnesota - TC Resources

Appleby Hall

128 Pleasant St SE Room 340

612-624-3323 | counseling@umn.edu

- Student Counseling Services
- Individual Counseling
- Academic Success Services
- Referral Services

Aurora Center

Resources also available to Augsburg University students

128 Pleasant St SE Room 117 | Textline: (612) 615-8911 |

24hr Helpline: (612) 626-9111 | aurora@umn.edu

- Sexual Assault
- Relationship Violence
- Stalking

Boynton Health

410 Church St S.E. | 612-625-8400

- Doctor's Appointments
 - Primary Care, Urgent Care, Pharmacy
- STD Testing
- Flu Shots
- Yoga Classes

Bruininks Hall

CAPE: Center for Academic Planning & Exploration

222 Pleasant St SE Room 511 | 612-624-3076 |

cape@umn.edu

- Explore Majors, Careers, & Interests
- Covers all Colleges in the University
- Coaching, not Advising

One Stop Student Services

Room 333 (main lobby)

612-624-1111 | onestop@umn.edu

- Financial Aid, Registration, & more

Disability Resource Center

McNamara Alumni Center, Suite 170

612-626-1333 | drc@umn.edu

- Access assistance in the classroom
- Computer Accommodations Program
- Media Accessibility
- Interpretation
- Physical Access
- Testing Centers

Office for Equity & Diversity

612-624-0594 | oed@umn.edu

Student Conflict Resolution Center

612-624-7272 | sos@umn.edu

The Student Conflict Resolution Center (SCRC) is available to assist students in resolving campus-based problems or concerns.

Our staff provide confidential, impartial, and informal options for resolving conflicts in a fair manner.

Augsburg University Resources

Monday - Saturday 5-10pm | 651-288-0400 |

OR text "Support" to 85511

Twin Cities Jewish Communal Resources

Jewish Family & Children Service of Minneapolis

952-546-0616

Counseling

Emergency Financial Assistance

Addiction & Recovery

Jewish Family Service of St. Paul

651-698-0767

Counseling

Emergency Financial Assistance

Support Groups



Health & Wellness Resources

University Of Minnesota - TC Resources

Other

Emily Price, PsyD, LP

(612) 250-1952 | info@emergingcounseling.com

As a Jewish college student, you might find yourself feeling anxious and depressed as you strive towards high academic achievement, question what you want your future career to look like, and figure out who you are and how this compares to your parents' expectations of you. You might be struggling to find spaces in which you feel accepted and authentic and notice yourself feeling like an outsider within and outside of the Jewish community.

As a Jewish licensed clinical psychologist who specializes in therapy with college students, Emily Price, PsyD, LP has the lived experience and expertise to support you through your college experience. Dr. Emily Price has worked in college health settings for nearly a decade and has specific knowledge of the University of Minnesota from her time as a psychologist at Boynton Health.

She is the owner of Emerging Counseling and offers free 15-minute consultation appointments for students interested in therapy.

Debbie Locketz, MSW, LICSW

(952)-208-6700 | debbie@corementalwellness.com

Being a college student often has its ups and downs. The pressures of academics and navigating a full social life can be challenging. The transition of living away from home into a new environment may leave you feeling anxious and sometimes depressed. You don't have to struggle alone.

I specialize in therapy to support you through your college journey. I provide online therapy through telehealth that works with your schedule. I have worked with college students both in the university setting as well as the Jewish camp setting. I was the Director of Camp Care for 6 years at a nearby Jewish overnight camp, where I worked with college-aged staff to help maintain their own mental health.

I am happy to set up a free 15-minute consultation to see if we would be a good fit.

Adina Lebowitz, MA

(612) 499-8418 | adina@elanhealthtc.org

The Peaceful Parenting Coach & Family Mediator

"Divorce is a very stressful time. As we all know, stress can have adverse effects on our health, our work, and our relationships. I work with clients to restore balance to their lives in stressful times.

A coach is a guide and mentor who empowers you as you set goals and make sustainable changes to improve your health and happiness.

As your coach, I will listen to your concerns about the stress in your life and we'll explore ways to find what truly works for you.

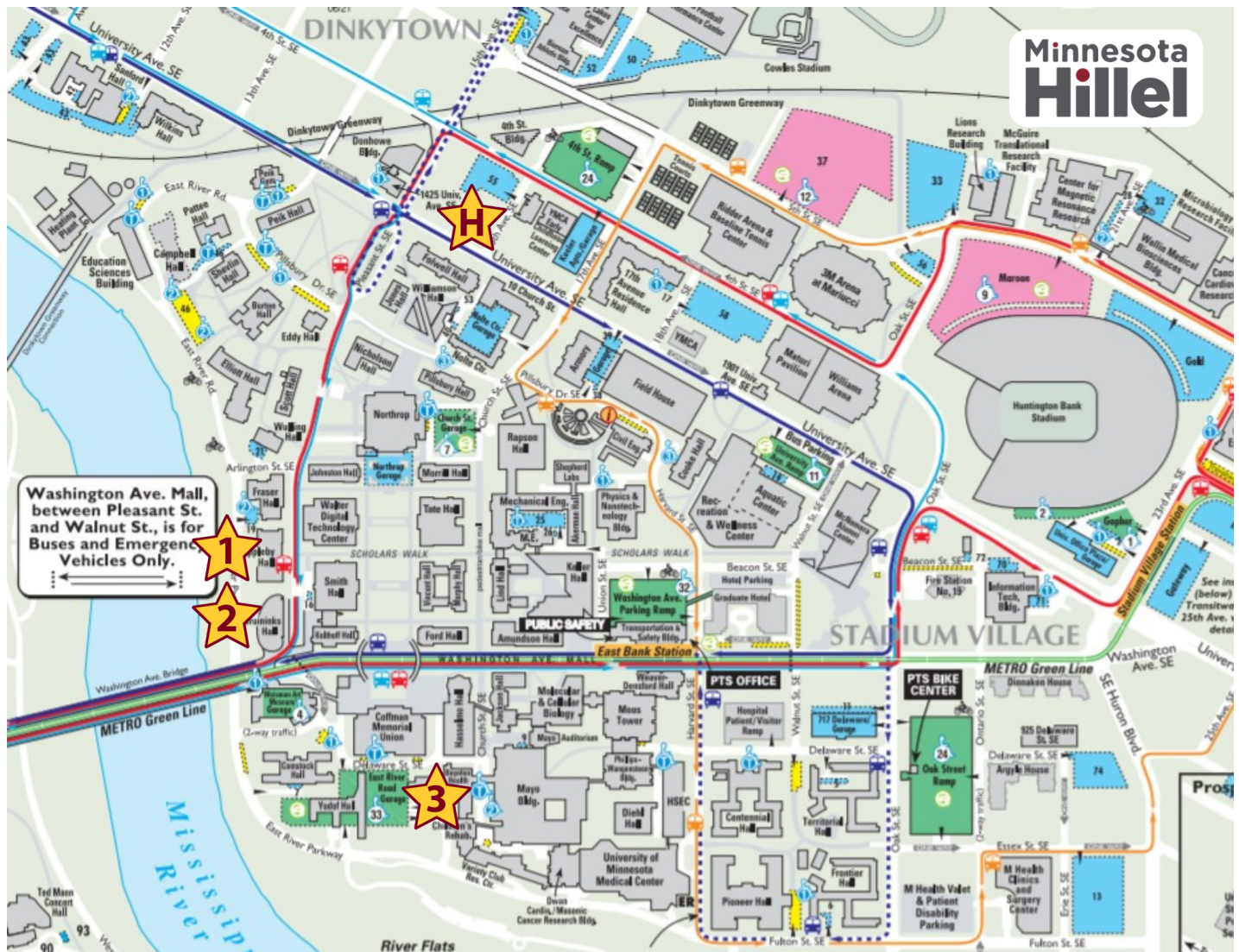
I will provide ongoing support and guidance to get you from where you are to where you want to be.

I will enable you to define your personal goals, create your personal roadmap, and stay committed to achieving less stress and more peace on your post-divorce journey!"



Are you a provider who would like to make yourself available to students?

If so, please contact Elie Simon at admin@mnhillel.org



★ 1 Appleby Hall

128 Pleasant St SE

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 - [Individual Counseling](#)
 - [Academic Success Services](#)
 - Referral Services
 - "Let's Talk" & More!
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Other Resources

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- [Learning Abroad Center](#)
- [Student Conflict Resolution Center](#)
- [Office for Equity & Diversity](#)
- [Writing Help Center](#)
- [International Student Services](#)