

Mission for the Office of Life Services

The mission of the Life Services Office is to provide a safe and confidential environment for the UD Community, which supports life long learning and educational success, to better assist in reaching personal and career goals.

Goals

1. Implement programs and provide appropriate referral services that support the recruitment and retention of students.
2. Promote overall mental health and well-being for the UD Community.
3. Provide programs within the service that support academic success.
4. Promote activities that increase awareness of intervention and prevention services.
5. Provide quality programs with standards of professional practice and ethical conduct.



University of Dubuque

UD's Office of Life Services

<http://www.dbq.edu/lifeservices/>



University of Dubuque *Office of Life Services*



*Walk-ins and appointments are welcome
Monday—Friday, 8:00am—5:00pm
2nd Floor of Peters Commons*

For helpful assistance, please contact any of the following staff members

- *Office Manager, located at the Circulation Desk (563)-589-3113*
- *Counseling Team Facilitator, Office 213, (563)-589-3132*
- *UD CARES Facilitator & Campus Mom, Office 210, (563)-589-3455*

*For after hours, weekends & holidays, please contact UD's Safety & Security Office and request to be connected to a Counseling Team Member (563)-589-3333, the call is maintained in a confidential manner.
For Emergencies, please dial "911"*



UD's Office of Life Services

Programs & Services

UD's Life Services promotes the following student activities, events, programming, and services throughout the academic year, please contact the Office Staff for details or visit our website at www.dbq.edu/lifeservices/

- UD Counseling Team
- UD CARES Team
- Life Coaching
- Advocacy
- Mentoring Referral Services in collaboration with other offices of the Student Life Department.
- Referral Services to Off-Campus Programs or Services, for such issues as; *Alcohol & Other Substance Abuse, Anxiety, Debt Management, Depression, Eating Disorders, Gambling, LGBT, Pregnancy, Stress Management, and Other Concerns.*
- Referral Services to On-Campus Departments/Programs/Services, such as; *Academic Affairs, Academic Support Center, Athletics, Student Organizations, Faculty Advisors, Financial Aid, Residential Life, Campus Ministry, and Other Departments of Interest.*
- Resources for On-campus and/or Off-Campus Programs and Services.
- Don't Cancel Class Program relevant to recreational risks and prevention among college students.
- Online Voluntary Screenings

- Monthly Awareness & Hosted Informational Booths.
- Informational Sessions/Forums to promote safety and violence prevention.
- Wellness initiatives to enhance the following six dimensions: cultural, emotional, intellectual, physical, social and spiritual.

UD's Life Services' website hosts links to a **diversity of online resources for local, state, and national information**, for such issues as the following:

- Access Dubuque's Directory of Resources
- Child Abuse/Neglect
- Concierge Services to Newcomers Relocating to Dubuque
- City of Dubuque Departments
- Domestic Violence/Rape/Sexual Assault
- Gambling and Substance Abuse
- General Services (A-Z)
- Health Services and Support
- Homeless Services
- Local Support Groups (A-Z)
- Pregnancy
- Senior Citizen Services
- Services for Persons with Disabilities (A-Z)
- Travel Dubuque & Events Calendar

UD's Life Services' website also hosts links to **emotional wellness resources**, for such issues as the following:

- Abortion
- Addiction
- Attention Deficit/Hyperactivity Disorder
- Aging
- Alcohol & Other Drugs
- Alzheimer's Disease
- Anger
- Anxiety
- Autism
- Bipolar Disorder
- Bullying
- Children
- Crisis/Suicide
- Death & Dying
- Depression
- Eating Disorders
- Emotional Health
- General Information
- Hate Crimes
- Help for the Helper
- Hypnosis
- Intelligence
- Law & Psychology
- Learning & Memory
- LGBT
- Marriage & Divorce
- As well as, Men; Natural Disasters; Obesity; Parenting; Personality; Post-traumatic Stress Disorder; Race; Relationships & Family; Schizophrenia; Sexuality; Sexual Abuse; Shyness; Sleep; Stress Management; Suicide; Teens; Testing Issues; Therapy; Trauma; Violence; Women; and Workplace Issues