Student Involvement & Leadership
- Academic Student Organizations
- National Society of Leadership & Success
- Leadership workshops and programs

International Center
- International Student organization
- International Educational Week

MHealthy
- Lunch & Learn seminars/workshops
- Special events

Student Health 101 eNewsletter
- Homepage Link: umflint.readsh101.com
- Student Advocate Link: umflint.readsh101.com/category/student-advocate

Department of Public Safety
- Rape Aggression Defense (RAD) training
- Crime prevention education

Center for Gender & Sexuality
- Trainings/workshops
- Domestic violence support & resources
- Safe Sex educational material
- Peer Education Information Series

Disability and Accessibility Support Services
- Support for learning disability, autism, Asperger's Syndrome, mental health concerns, physical impairments, etc.

Student Success Center
- Academic Advising
- Major Exploration
- Individual Tutoring
- Supplemental Instruction
- Academic Courses

Intercultural Center
- Dine & Dialogue
- Lunch & Learn
- MLK Day Speaker
- What's the Word
- Educational Excursion

Reflection Rooms
- 338 University Center (UCEN) & 1158 William S. White Building

Student Involvement & Leadership
- Religious Student Organizations

University Outreach
- Alternative Spring Break
- Service Saturdays
- MLK Day Volunteer Opportunities

Intercultural Center
- Interfaith Dialogues

Personal Well-being

STUDENT HEALTH RESOURCES

Career Center
1001 Northbank Center I umflint.edu/careers
(810) 424-5450

Counseling & Psychological Services
264 University Center I umflint.edu/caps
(810)762-3456

Department of Public Safety
103 Hubbard, umflint.edu/safety
(810) 762-3333

Disability & Accessibility Support Services
264 University Center
umflint.edu/disabilitysupportservices
(810) 762-3456

Center for Gender & Sexuality
219 University Center I umflint.edu/cgs
(810) 237-6648

Environment, Health & Safety
801 Northbank | umflint.edu/ehs
(810) 766-6763

Financial Aid & Scholarships
277 University Pavilion | umflint.edu/financialaid
(810) 762-3444

Housing & Residential Life
101 Riverfront | umflint.edu/reslife (810) 237-6571

Intercultural Center
115 University Center I umflint.edu/icc
(810) 762-3045

International Center
219 University Center | umflint.edu/reslife
(810) 762-0867

MHealthy
401 Northbank Center | umflint.edu/hr
(734) 395-7759

Office of the Dean of Students
375 University Center | umflint.edu/deanofstudents
(810) 762-5728

Recreational Services
401 Mill Street | umflint.edu/reccenter
(810) 762-3441

Student Involvement & Leadership
361 University Center | umflint.edu/sil
(810) 762-3431

Student Success Center
285 University Pavilion | umflint.edu/studentsuccess
(810) 762-3085

Student Veterans Resource Center
131 University Pavilion | umflint.edu/studentveterans
(810) 424-5589

University Human Resources
213 University Pavilion | umflint.edu/hr
(810) 762-3150

University Outreach
1001 Northbank Center | umflint.edu/outreach
(810) 424-5486

Published: January 2020
Recreational Services

- Intramural and Club Sports
- Fitness & Health classes
- Personal training, fitness assessment
- Bike lease program
- Track, pool, exercise equipment, sports courts
- CrimFit Campus Training Program
- Nutritional Counseling
- Health Care and Insurance Assistance
- Substance use education and resources
- Health & Fit Fair

Counseling & Psychological Services

- Time management, relaxation and special workshops and programs
- Educational material
- Eating disorders
- Depression and anxiety screening
- One-on-one counseling by appointment
- Therapy services
- Suicide Prevention

Recreational Services

- Yoga & Meditation classes
- HCR 107 Basic Stress Management & Relaxation
- HCR 117 Enhanced Stress Management & Relaxation

Center for Gender & Sexuality

- Alcohol and informed consent

Department of Public Safety

- Alcohol/drug driving education and prevention

Student Involvement & Leadership

- Health & Safety Week
- Hazing Prevention Education
- Alcohol & Other Drug Education

Environment, Health & Safety

- Vehicle, ladder & chemical safety training
- Bloodborne Pathogen training
- Evacuation, sheltering, fire and drills
- All Hazards communication
- Bulletin boards throughout campus

Department of Public Safety

- Evacuation, sheltering and table top drills
- Security cameras, Blue emergency phones
- Crime statistics/Clery Act reporting training
- Lockdown drills/active shooter exercises

University Human Resources

- eRecruit - temporary employment
- Work Study

Career Center

- Career advising & exploration
- Resume & cover letter assistance
- Interview preparation
- Internship assistance

Student Success Center

- Major and Career Exploration

Recreational Services

- IM & Club Sports
- Rec Bash
- Open Recreation

Center for Gender & Sexuality

- Women Crush Wednesdays
- Queer Thursdays

Intercultural Center

- Intercultural Cookout
- Dine and Dialogue
- Colorful Convos
- Fuel for Finals

The role that you take in maintaining your body for strength, vitality and energy.

Reflects the impact your environment (home, school, city, planet) has on you and the impact you have on the environment.

Your relationship with money and skills for managing resources, as well as your ability to make good consumer choices and seek out appropriate financial opportunities.

How you choose to define and connect with your community and the people around you.

Counseling & Psychological Services

- Financial Literacy Advising
- Scholarships
- Financial Aid Calculators

Student Success Center

- Academic Advising
- Financial Planning

Student Veterans Resource Center

- Application, benefits, and tuition assistance
- Financial aid and scholarship information

Financial Aid & Scholarships

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Emotional / Mental

- Being aware and managing your feelings, being at peace with who you are, and having the tools you need to weather life’s ups and downs.

Financial

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