Follow this Roadmap to find resources across campus that contribute to overall wellness!

**Social**
- Club Hub for Student Clubs (Tivoli 348)
- Culture-Specific Student Services (Specific services information on website: [http://www.ucdenver.edu/studentlife/resources/pages/diversity-resources.aspx](http://www.ucdenver.edu/studentlife/resources/pages/diversity-resources.aspx)).

**Academic**
- Learning Resource Center ([http://www.ucdenver.edu/life/services/LRC](http://www.ucdenver.edu/life/services/LRC))
- Experiential Learning Center ([http://www.ucdenver.edu/life/services/ExperientialLearning](http://www.ucdenver.edu/life/services/ExperientialLearning))
- Math Education Resource Center (MERC) ([http://math.ucdenver.edu/~mkawai/MERC](http://math.ucdenver.edu/~mkawai/MERC))
- Writing Center ([http://clas.ucdenver.edu/writing](http://clas.ucdenver.edu/writing))
- First Year Experience (Get connected to Campus and Denver, [http://www.ucdenver.edu/student-services/resources/ue/first-year](http://www.ucdenver.edu/student-services/resources/ue/first-year))

**Occupational**
- Career Center ([http://www.ucdenver.edu/careercenter](http://www.ucdenver.edu/careercenter))
- Work Study & Student Employment ([http://www.ucdenver.edu/studentemployee](http://www.ucdenver.edu/studentemployee))

**Mental and Emotional**
- CU Denver Student Counseling Center (303-556-4372; Tivoli 454)
- Psychological Services Center (303-556-5289; [http://clas.ucdenver.edu/psychologyclinic](http://clas.ucdenver.edu/psychologyclinic))
- Psychiatrist at the Health Center (303-556-2525; Plaza 150)
- Campus Assessment, Response & Evaluation Team (303-352-3579; email at shareacommern@ucdenver.edu)
- Phoenix Center (Services for survivors of sexual assault, stalking, etc. Tivoli 259, 303-556-6011; [http://www.thepca.org/](http://www.thepca.org/))

**Medical**
- The Health Center at Auraria provides medical services to all students (303-556-2525; Plaza 150; [http://www.ucdenver.edu/healthcenter](http://www.ucdenver.edu/healthcenter))
- Health Insurance; Medical and dental coverage available (303-556-6273; [http://www.ucdenver.edu/healthinsurance](http://www.ucdenver.edu/healthinsurance))

**Financial and Environmental**
- Financial Aid Office (303-315-1850; email at financialaid@ucdenver.edu. Questions about student employment, loans and scholarships all go through the Financial Aid office.)
- Dean of Students, Housing & Residential Education, Student Conduct & Community Standards Offices. (All in Tivoli 227. Services include student advocates & conflict management)

**Safety**
- Auraria Police Department (303-556-5000, 911 from campus phones)
- Nightrider Program (Evening escort to and from your car to class. Mon-Thurs sundown until 10pm at 303-556-2000, after-hours and weekends at 303-556-3271).
- Title IX Office (safety issues on campus; 1-844-CU-TITLE (288-4853).

**Physical**
- Campus Recreation at Auraria ([http://www.ucdenver.edu/life/services/campus-rec/Pages/default.aspx](http://www.ucdenver.edu/life/services/campus-rec/Pages/default.aspx))
- Healthy Pursuits (Fitness classes and other wellness resources, [http://www.ucdenver.edu/life/services/campus-rec](http://www.ucdenver.edu/life/services/campus-rec))

**Spiritual**
- Reflection Rooms (Tivoli 348 & 349; Reserve key from Club Hub, Tivoli 346)
- Relaxation/meditation room, (Tivoli 454; Reserve by calling 303-556-4372)