

# I Think I Might Need Some Help...

## Asking for Help

Everyone needs help sometimes—your classmates, your TAs, and your professor. And YOU. We know that it can be anxiety-provoking to recognize that you need help and to ask for it. And we also know that getting the help we need can make a big difference, both inside and outside the classroom. So, we encourage you to reach out quickly for the help and support that you need!

## I need help with my mental or physical health...

- If you or someone you know is contemplating suicide, either call the Suicide and Crisis Lifeline at 988, or call 911.
- [University Counseling Service](https://counseling.uiowa.edu): <https://counseling.uiowa.edu>, or 319-335-7294
- [Student Health](https://studentlife.uiowa.edu/departments/student-health): <https://studentlife.uiowa.edu/departments/student-health>, or 319-335-8394
- [Student Wellness](https://studentwellness.uiowa.edu): <https://studentwellness.uiowa.edu>, or 319-335-8394

## I need help with academic accommodations...

- [Student Disability Services](https://sds.studentlife.uiowa.edu) (SDS; <https://sds.studentlife.uiowa.edu>) is available to help determine what academic accommodations may be available to you.
- You can apply for student accommodations here: <https://sds.studentlife.uiowa.edu/accommodations/apply> (call 319-335-1462 or email [sds-info@uiowa.edu](mailto:sds-info@uiowa.edu) if questions!).

## **I'm struggling and thinking about withdrawing...**

- The [Academic Support and Retention](https://asr.uiowa.edu) (ASR; <https://asr.uiowa.edu>) office can work with you and your instructors to generate a retention plan to support your academic success and help you get back on track.
- The [ASR](mailto:uc-retention@uiowa.edu) office can be reached at [uc-retention@uiowa.edu](mailto:uc-retention@uiowa.edu) or (319) 335-1497.

## **I need help with a crisis or emergency situation...**

- [Student Care & Assistance](https://dos.uiowa.edu/assistance) (<https://dos.uiowa.edu/assistance>; 319-335-1162) provides assistance to students experiencing crisis and emergency situations. These situations may include hospitalization, medical emergencies or long-term illness, mental health concerns, chronic conditions, death of a family member, natural disasters, off-campus living concerns, and unexpected events or challenges.

## **I need help with this class...**

Please come to Office Hours. I am eager to talk with you and help you to succeed!