



The Problem-Solver Spring 2016

“A STUDENT’S GUIDE TO FINDING THE HELP YOU NEED”

University of Montana Western

Provided by Campus Counseling Program

Lynn Weltzien, Director / Jerry Girard, Addictions Specialist

Dean of Students Center, phone # ‘7180, or ‘7181

Overcoming the Obstacles

Need	Whom To See	Location	Phone Number	Comments
Absences from class for illness or death in family	Talk to/email your professors, if unable to reach them...	tell Nicole or Lynn in the Dean of Students Ctr. (DOSC)	683-7900 or 683-7180	Do before missing, if at all possible
Alcohol Recovery				
Peer support	Alcoholics Anonymous	Choice of off-campus locations	683-6408 683-9984	Ask for Rick
Counseling	Campus Counseling	DOSC	683-7181	Ask for Jerry
Evaluation	Campus Counseling	DOSC	683-7181	Ask for Jerry
Accident				
To get help	Emergency operator		911	
To inform	Dean of Students	Dean of Students Center	‘7900, 925-9828 (night)	Nicole or Hall Director
Academics				
Advisor	Registrar’s Office	Adm. Bldg	‘7371	To get or change yours
Grade report	Course Professor			
Support	Retention Specialist	SSS, Main, Rm 216	‘7322	Must qualify
Tutoring	Tutoring Services	Learning Ctr., Basement Library	‘7200	Ask for Brendan
Disability	Disability Services	DOSC	‘7388	Ask for Cec
Dropping	Course Professor			
Activities	Kelci	SUB, Room 8	‘7211	ASUMW
Appeals				
Gen. Info	UMW Handbook			
Academic	Course Professor			
Disciplinary	Dean of Students	DOSC	‘7388	
Financial Aid	Financial Aid Office	Adm. Bldg.	‘7511	Get a form
Parking	Facility Services	Facilities Building	‘7142	Ask for Becky
Birth Control	Health Dept.	41 Barrett	683 - 4771	Ask for Lindy
Career Planning	Career Services	within the Learning Ctr – bsmt library	‘7143	Ask for Brendan
Childcare				
On campus	Curious Minds Preschool 3 y/o – 8 y/o	House on campus	‘7320	Ask Aaron about paym’t help
Off Campus	See Dillon Tribune for providers	You pick caregiver, call for \$ ass’t.	1-800-749-4061	Possibly free!
Condoms	PATH Peer Educators	DOSC	‘7389	Ask Lexi

Conflict Resolution				
	Lynn Weltzien Ilene Cohen	DOSC Main, Room 216	'7180 '7311	Both trained mediators!
Crime Victim	Valerie or Mel	2211/2 S. Idaho	683-6106	Support for victims and witnesses
Emergency Shelter from abusive partner	The Community Support Center	2211/2 S. Idaho 24 hours, 7 days	683-6106 or hotline 683 3621	Ask for the advocate on duty
Food				
On campus	Cheri McCarthy	Cafeteria/Mathews	'7228	Discounts available for off- campus students
Food stamps	Office of Public Assistance	2 S. Pacific, #9	683-3779	Back of courthouse
Free	Food Pantry	131 E. Helena Wed. 1-3 p.m.	683-2199 or 865-0225	Janie Eudaily
Gambling & other behavior addictions	State funded program Campus Counseling	Butte office DOSC	406-494-2130 '7181	Ask for Judy Ask for Jerry
Gay Support	Equality Campaign	CRC	'6106	Ask for Valerie
Health Insurance	Lexi Benson	DOSC	'7389	
Housing				
On campus	Wendy Mehring	Davis, Room 207	'7565	
Off Campus	Local realtors			Check Tribune
Intern'l Support	Janet Jones	Admissions Office	'7331	
Job				
On campus	Ricki Jones	Adm Bldg./Fin.Aid	'7511	Get hire card
	Brendan Kennedy	Career Services	'7200	
Off campus	Brendan Kennedy	Career Services	'7200	
Medical Assistance	Student/Community Health Center	41 Barrett	Drop in or 683-4440	Free with ID card !
Minority Support	Dr. Xanthopoulos Jeanna Meier-F Judy Ulrich	Main, Room 400 Main, Room 215 Main, Room 315A	'7018 '7314 '7422	Afro Amer and Hispanic Native American Polynesian
Money				
For tuition, books, gasoline to campus, rent	1. Cindy or Zach 2. Financial Aid	730 N. Montana Adm. Bldg.	683-4259 '7511	Grants for retraining loans
For Childcare	Four C's Resource/ referral	101 E. Broadway Butte, Montana	1-800-794- 4061	Ask for childcare ass't
Parenting Helps	Estee Aiken	Main, 116B	'7035	Free advice
Problems not listed	Lynn	DOSC	'7180	Call me!
Sexual Assault	Community Resource Center Lynn	112 ½ S. Idaho DOSC	683-6106-day 683-3621-24/h '7180, '7388	Ask for info on all your options
Study Abroad	Lynn Outreach	DOSC Main Hall 112	'7180 '7537	Go for it! You won't regret it!
Women's Support	The Community Support Center	112 ½ S. Idaho	683-6106	

