

HEALTH & WELLNESS INFO/RESOURCES

(ONLINE, CAMPUS, & COMMUNITY)

General Health Information

www.acha.org
www.healthfinder.gov
<http://www.goaskalice.columbia.edu/index.html>
www.cdc.gov
www.bacchusgamma.org

American College Health Association
Healthfinder
Go Ask Alice!
Centers for Disease Control and Prev.
BACCHUS/ Gamma Peer Ed. Network

Substance Abuse

<http://www.drugtext.org/>
<http://ncadi.samhsa.gov/>
www.edc.org/hec
www.factsontap.org/
www.alcoholandotherdrugs.com
www.ncadd.org

<http://faceproject.org>

DrugText Substance Abuse Pages
Alcohol & Drug Info.
Higher Ed. Ctr. for Alcohol & Drug Prev.
Alcohol and Your College Experience
Straight Talk on Alcohol and Other Drugs
National Council on Alcoholism & Drug
Dependence, Inc. (NCADD)
FACE- Truth and Clarity on Alcohol

HIV/AIDS

www.thebody.com
www.cdcnpin.org
<http://hivinsite.ucsf.edu/>
www.unaids.org
<http://www.avert.org/worldaid.htm>

The Body
U.S. CDC & Natl. Prevention Info. Network
HIV Insite
World Aids Campaign
World AIDS Day

Sexual Health Issues

<http://www.4woman.gov/index.htm>
<http://www.azwellness.com/gynecology21.html>
<http://www.reproline.jhu.edu/>
<http://sec.sa.utoronto.ca/resources/>
<http://www.plannedparenthood.org/>
<http://www.sexuality.org/>
<http://www.siecus.org/>
<http://www.unspeakable.com/>
<http://gender.eserver.org/>
<http://www.kinseyconfidential.org/>

Birth Control Methods
Contraception Information
ReproOnline
Sexual Ed. & Peer Counseling Center
Planned Parenthood
Society for Human Sexuality
Sexuality Info. & Ed. Council of the US
Unspeakable- The Naked Truth about STD's
Gender and Sexuality
Kinsey Institute's Sexuality info for students

Violence Prevention

<http://www.safehorizon.org/>
<http://www.pavnet.org/>
<http://www.clotheslineproject.org/>
<http://www.rainn.org/>
<http://www.ncadv.org/>

Victim Services
Partnerships Against Violence
Clothesline Project
Rape, Abuse and Incest National Network
Nat. Coalition Against Domestic Violence

Mental/Emotional Health

<http://www.nmha.org/>
<http://www.samhsa.gov/>
<http://www.nostigma.org/>

National Mental Health Association
Substance Abuse & Mental Health
Mental Health Awareness Campaign

Eating Disorders

<http://www.anad.org/site/anadweb/>
<http://www.nedic.ca/>
<http://www.something-fishy.org/>
<http://www.nationaleatingdisorders.org/>

Nat. Assoc. of Anorexia & Assoc. Disorders
Nat. Eating Disorders Organization
Something-Fishy
Natl. Eating Disorders Association

Nutrition

<http://www.consumer.gov/weightloss/>
www.eatright.org/
<http://vm.cfsan.fda.gov/list.html>
<http://health.discovery.com/>
<http://www.mayoclinic.com/health/HealthyLivingIndex/HealthyLivingIndex> Mayo Clinic

Partnership for Healthy Weight Mgmt.
American Dietetic Association
Center for Food Safety & Applied Nutrition
Discovery Health
Mayo Clinic

Women's Health

<http://www.4women.gov/>
www.healthywomen.org
<http://www.womenshealth.org/>

National Women's Health Info Center
National Women's Health Resource Center
Women's Health

Men's Health

<http://www.menshealthnetwork.org/>
<http://www.menshealth.org/>
<http://www.menshealthweek.org/>

The Men's Health Network
Men's Health Consulting
Men's Health Week

Other Useful Sites

www.americanheart.org
www.arthritis.org
www.cancer.org
www.diabetes.org
www.komen.org

American Heart Association
Arthritis Foundation
American Cancer Society
American Diabetes Association
Susan G. Komen Breast Cancer Foundation

Campus Resources

Campus Police	341-4300
Counseling Center	341-4211
Student Health Services	341-4284
Health Educator (Student Wellness –C&DSS)	341-4225
Career Opportunities Center	341-4343
Disability Support Services	341-4222
International & Cultural	341-4208
Undergraduate Advising Office (On-Track, LEAD)	341-4424
Math Help Program	341-4641
Writing Across the Curriculum Program	341-4436

Community Services

Alcoholics Anonymous	573-659-6670
Narcotics Anonymous	800-945-4673
Pathways Com. Behavior	364-7551
Planned Parenthood	364-1509
Poison Control	800-366-8888
Russell House	364-0222
Salem Treatment Center	573-729-4103
National Suicide Prevention Lifeline	800-273-TALK (8255)