

## Student Wellness Resource Guide

Peer Resources	Food Resources	Housing & Transportation	Health, Safety, & Wellness
<p><b>Peer Financial Counseling</b></p> <p>Monday-Thursday, 2-6 p.m. Georges Student Center, Rm. 245 PeerFinCounseling@virginia.edu <a href="https://sfs.virginia.edu/perfi/pfc">sfs.virginia.edu/perfi/pfc</a></p>	<p><b>UVA Community Food Pantry</b></p> <p>Mon., Thurs.-Fri., Times Vary Runk Green Room PantryAtUVA@gmail.com <a href="https://pantryatuva.org">pantryatuva.org</a></p>	<p><b>Off-Grounds Housing Services</b></p> <p>Housing &amp; Residence Life Gibbons House (434) 924-3314 <a href="https://housing.virginia.edu/area/1186/">housing.virginia.edu/area/1186/</a></p>	<p><b>Student Health &amp; Wellness</b></p> <p>Elson Student Health Center 400 Brandon Avenue Monday-Friday, 8 a.m. - 4:30 p.m. (434) 924-5362 <a href="https://studenthealth.virginia.edu">studenthealth.virginia.edu</a> studenthealth@virginia.edu</p>
<p><b>Peer Health Educators</b></p> <p>Elson Student Health Center (434) 924-1509 Schedule appointments online via Healthy Hoos <a href="https://studenthealth.virginia.edu/phe">studenthealth.virginia.edu/phe</a></p>	<p><b>Albemarle County Department of Social Services</b></p> <p>Monday-Friday, 8 a.m. - 5 p.m. 1600 Fifth Street, Suite A (434) 972-4010 CAT Route 3</p>	<p><b>Yellow Cab Service</b></p> <p>Provides taxi service to students in uncomfortable situations with no safe transportation and no money for cab fare. Charge rides to your student account. (434) 295-8806</p>	<p><i>Medical Services</i> <i>Counseling &amp; Psychological Services</i> <i>Student Disability Access Center</i> <i>Health Promotion &amp; Wellbeing</i> <i>Nutrition Services</i> <i>WahooWell</i> <i>Sexual Violence and Education</i></p>
<p><b>Career Peer Educators</b></p> <p>Newcomb 170 &amp; 1515 Univ. Ave. Monday-Friday, 1-5 p.m. (434) 924-8900 <a href="https://career.virginia.edu/career-peer-educators">career.virginia.edu/career-peer-educators</a></p>	<p><b>Blue Ridge Area Food Bank - Thomas Jefferson Area Branch</b></p> <p>Open Daily, 10 a.m. - 5 p.m. 1207 Harris Street #B (434) 296-3663 CAT Route 8</p>	<p><b>Zimride</b></p> <p>A ride-sharing service for members of the UVA community.  <a href="https://new.zimride.com/virginia">new.zimride.com/virginia</a></p>	<p><b>Women's Center</b></p> <p>Maxine Platzer Lynn Women's Center 1400 University Avenue (434) 982-2361 womenscenterservices@virginia.edu</p>
<p><b>Project RISE</b></p> <p>Located in the Luther P. Jackson House, Project RISE offers confidential counseling services to African-American students. Monday-Friday, based on counselor availability: <a href="https://oaaa.virginia.edu/project-rise-appointment-request-form">oaaa.virginia.edu/project-rise-appointment-request-form</a></p>	<p><b>Loaves and Fishes Food Pantry</b></p> <p>Tues.-Thurs. &amp; Sat., Times Vary 2050 Lambs Road (434) 996-7868 CAT Route 5</p>	<p><b>Zipcar</b></p> <p>This car-sharing service provides vehicles available for use 24/7 by all students, faculty, and staff. <a href="https://zipcar.com/universities/university-of-virginia">zipcar.com/universities/university-of-virginia</a></p>	<p><b>LiveSafe Mobile Safety App</b></p> <p>UVA has partnered with LiveSafe to provide a mobile safety app. Available on Google Play and the Apple App Store.</p>
<p><b>Multicultural Student Services Peer Mentoring Programs</b></p> <p>Multicultural Student Services sponsors identity-based peer mentoring programs for first year and transfer students.  (434) 924-9250 multicultural@virginia.edu</p>	<p><b>Salvation Army</b></p> <p>Open Daily, Times Vary 207 Ridge Street (434) 295-4058 CAT Routes 1 &amp; 6</p>	<p><b>Safe Ride</b></p> <p>Available after midnight for students who need to get safely from one location on Grounds to another at no charge. (434) 242-1122</p>	<p><b>Dean on Call</b></p> <p>24-hour crisis management services for UVA students. (434) 924-7133 or after hours at (434) 924-7166</p>
	<p><b>The Emergency Food Bank</b></p> <p>Mon.-Fri., 9 a.m. - 12 p.m. (call first) 900 Harris Street (434) 979-9180 CAT Route 8</p>		<p><b>ODOS Central Office</b></p> <p>Peabody Hall, Second Floor Monday-Friday, 8 a.m. - 5 p.m. (434) 924-7133 odos@virginia.edu</p>
			<p><b>Shelter For Help In Emergency</b></p> <p><a href="https://shelterforhelpinemergency.org">shelterforhelpinemergency.org</a> 24-Hour Hotline: (434) 293-8509 info@shelterforhelpinemergency.org</p>