

Inventory on Mental Health Programs, Services, and Policies

Health & Wellness Peer Education Office

UND Health & Wellness Peer Educators are UND students who are committed to a campus social environment that provides lower-risk choices for students and promotes and reflects the attitudes, behaviors and values of a healthy lifestyle. The Peer Educators are trained to facilitate on-campus and off-campus workshops for alcohol, sexual health, general health, mental health, nutrition, and physical activity. They also conduct one-to-one assessments of personal alcohol use, and implement fun programs, such as Night Life @ UND.

<http://und.edu/health-wellness/peer-educators/>

Night Life @ UND

<http://und.edu/health-wellness/peer-educators/nightlife/>

The University of North Dakota Counseling Center (UCC)

The University Counseling Center is a primary resource for issues and concerns related to alcohol and other drug use. The staff of the Center is available to consult with students, faculty and staff regarding alcohol and other drug use/abuse. There is also a staff addiction counselor available for alcohol and other drug evaluations or assessments.

<http://www.und.edu/dept/counsel/index.html>

Health & Wellness Resource Office

The Health & Wellness Resource Office will help answer all your health and wellness questions in a caring, confidential and friendly atmosphere.

<http://und.edu/health-wellness/resource-office.cfm>

Student Health Services

<http://und.edu/health-wellness/student-health/index.cfm>

Conflict Resolution Center

“Since our inception, we have expanded our services to meet the growing conflict management needs of our clientele. We now also offer conflict management training/education, mediation training, and facilitation. We are the only community mediation and training center in the Dakotas.”

<http://conflictresolution.und.nodak.edu/>

Women’s Center

The University of North Dakota Women's Center offers a warm, friendly, growth-oriented environment. The Women's Center is located in a comfortable house which was built in the early 1900's. We're located at 305 Hamline Street. The purpose of the Center is to provide support, advocacy, and education for the campus and community.

<http://und.edu/student-life/womens-center/index.cfm>

Sports Psychology

<http://www.distance.und.edu/collegecourse/?id=pxw440open>

Center for Rural Health

Mental Health

This topic page provides a brief overview of the Center for Rural Health’s activities relating to Mental Health. This page contains a list of projects, key staff, and information pulled from the publications, presentations, events, news, and maps section of the CRH web site.

Projects

Campus Suicide Prevention -- To provide a comprehensive program to identify student needs and intervene to prevent suicide and support students and their families.

Mood Disorder Assessment in Northern Plains Indians -- Looks at the accuracy of clinical psychological tests used to detect depression, anxiety, phobias, post-traumatic stress disorder, and substance abuse problems with American Indian patients. National Institute of Mental Health Outreach Partnership -- The Center for Rural Health and the National Institute of Mental Health's effort to improve the mental health of individuals and families across North Dakota. State Epidemiological Outcomes Workgroup -- To utilize relevant state, tribal, and local data to guide substance use prevention planning, programming and evaluation.

Other

Wellness living/learning program

Located in Brannon Hall, the Wellness community will focus on living a balanced lifestyle within the college environment. As members of the Wellness "wing" you will have the opportunity to develop healthy practices, and incorporate the seven aspects of wellness: emotional, intellectual, physical, occupational/vocational, environmental, social and spiritual.

<http://unet.und.edu/student-life/housing/residence-halls/living-learning.cfm>