

ADULTING
IS HARD.

1 IN 4

ISU students report their busy schedules make it hard to prioritize their wellbeing.

You're not alone.
89% of ISU students
have felt overwhelmed
by all they had to do.

Student Counseling
Services

Student
Wellness

Academic
Success Center

515-294-5056
counseling.iastate.edu

515-294-1099
studentwellness.iastate.edu

success@iastate.edu
515-294-6624
asc.dso.iastate.edu

WE HAVE
YOUR BACK.



#cyclonesupport
IOWA STATE UNIVERSITY
Division of Student Affairs

COLLEGE
IS HARD.

82%

of ISU students share their wellbeing is just as important as their academics.

94% of ISU students recommend Thielen Student Health Center for their health care needs.

**Student
Counseling
Services**

515-294-5056
counseling.iastate.edu

**Student
Wellness**

515-294-1099
studentwellness.iastate.edu

**Thielen
Student
Health Center**

515-294-5801
health.iastate.edu

**Academic
Success
Center**

success@iastate.edu
515-294-6624
asc.dso.iastate.edu

**WE HAVE
YOUR BACK.**



#cyclonesupport

IOWA STATE UNIVERSITY
Division of Student Affairs

ASKING
FOR HELP
IS HARD.

1 IN 10

ISU students report not knowing
where to go for support.

95% of ISU students recommend
Student Counseling Services to a friend.

Student Counseling Services

515-294-5056
counseling.iastate.edu

Student Wellness

515-294-1099
studentwellness.iastate.edu

Thielen Student Health Center

515-294-5801
health.iastate.edu

Writing and Media Center

writectr@iastate.edu
515-294-5411
wmc.dso.iastate.edu

Academic Success Center

success@iastate.edu
515-294-6624
asc.dso.iastate.edu

Iowa State University Police Department

dpsinfo@iastate.edu
515-294-4428
police.iastate.edu

Student Legal Services

515-294-0978
studentlegal.dso.iastate.edu

Student Assistance

studentassistance@iastate.edu
515-294-1020
studentassistance.dso.iastate.edu

WE HAVE
YOUR BACK.



#cyclonesupport

IOWA STATE UNIVERSITY
Division of Student Affairs

COLLEGE IS HARD.

1 IN 3

ISU students report poor sleep
has negatively affected their
academics.

Student Counseling Services

515-294-5056
counseling.iastate.edu

Academic Success Center

success@iastate.edu
515-294-6624
asc.dso.iastate.edu

Thielen Student Health Center

515-294-5801
health.iastate.edu

Sleep Well Program

515-294-1099
studentwellness.iastate.edu/sleep-well/

Online self-help tool: Therapy Assistance Online (TAO)

515-294-5056
counseling.iastate.edu/resources/tao-self-help/

Thrive@ISU

Confidential, peer-to-peer accountability program

515-294-1099
studentwellness.iastate.edu/thriveisu

WE HAVE YOUR BACK.



#cyclonesupport

IOWA STATE UNIVERSITY
Division of Student Affairs

GETTING
HELP IS HARD.

1 IN 3

students report being hungry
with limited access to food.

Give a Swipe Program

*Donate or receive Flex Meals and/or
Dining Dollars through ISU Dining*
dining@iastate.edu
515-294-3856
dining.iastate.edu/give-a-swipe/

On-campus Food Pantry: The S.H.O.P. (Students Helping Our Peers)

1306 Beyer Hall
stuorg.iastate.edu/
shop-foodpantry-2011

Office of Student Financial Success

financialsuccess@iastate.edu
515-294-2223
financialsuccess.iastate.edu

Spend Smart, Eat Smart App

*Available on Google Play or
Apple App Store*
spendsmart.extension.iastate.edu/
shop/spend-smart-eat-smart-app/

United Way of Story County

*Call 2-1-1 for
confidential assistance*
uwstory.org
or 211iowa.org

WE HAVE
YOUR BACK.



#cyclonesupport

IOWA STATE UNIVERSITY
Division of Student Affairs

RESOURCES AND SUPPORT FOR VICTIMS OF SEXUAL ASSAULT

ACCESS: Assault Care Center Extending Shelter and Support

515-292-0505

Sexual assault crisis line:

515-292-5378

Domestic abuse and violent crimes line:

515-292-0519

Housing/shelter crisis line:

515-292-0543

assaultcarecenter.org

Center for LGBTQIA+ Student Success

Campus confidential resource

center@iastate.edu

515-294-5433

center.dso.iastate.edu

Iowa State University Police Department

dpsinfo@iastate.edu

515-294-4428

police.iastate.edu

Margaret Sloss Center for Women and Gender Equity

Campus confidential resource

slosscenter@iastate.edu

515-294-4154

sloss.dso.iastate.edu

Office of Equal Opportunity

eooffice@iastate.edu

515-294-7612

eoc.iastate.edu

Student Assistance

studentassistance@iastate.edu

515-294-1020

studentassistance.dso.iastate.edu

Student Counseling Services

515-294-5056

counseling.iastate.edu

Thielen Student Health Center

515-294-5801

health.iastate.edu

WE HAVE YOUR BACK.



#cyclonesupport

IOWA STATE UNIVERSITY
Division of Student Affairs