**Student Access to Support Services**

[**Healthcare**](https://health.uoregon.edu/)

The University Health Center (UHC) provides comprehensive medical and psychiatric healthcare for all registered students enrolled at UO who pay a health fee, which is part of the tuition and fees package. Graduate trainees on institutional and individual research fellowships are eligible for comprehensive health insurance coverage by the Graduate Teaching Fellows Federation. Graduate trainees are encouraged to utilize UHC as their primary healthcare provider. UHC services are provided by experts in college health, ranging from physicians, nurse practitioners, registered nurses and medical assisting staff, along with medical technicians, pharmacists, dental personnel, physical therapists, and others. The facility also has an on-site laboratory, radiology, dental, physical therapy, and pharmacy services.

[**Counseling and Wellness**](https://counseling.uoregon.edu/)

UHC also offers counseling and therapy services (drop in, individual, group), and “Let’s Talk” support across campus, all led by experienced health professionals. The Crisis Support hotline (https://counseling.uoregon.edu/crisis-support) is available to students during non-business hours. UHC staff also can refer students to area professionals. Students, staff, faculty, and family members of a struggling student may schedule a phone consultation with a professional to get guidance on how to help these individuals. The Collegiate Recovery Center (https://counseling.uoregon.edu/collegiate-recovery) helps students specifically dealing with substance abuse. The Gender Support Center helps students experiencing gender dysphoria who are seeking gender confirmation procedures such as hormone replacement and surgeries. Suicide prevention efforts include the ISP screening tool, the Kognito web-based role simulation tool, and courses and trainings offered by the Suicide Prevention Team.

[The Duck Nest](https://health.uoregon.edu/ducknest), part of University Health Services, helps students develop self-care and life-balance strategies related to stress, nutrition, physical activity, and general wellness and provides students with resources from within the UO community and beyond. Their programming and activities encompass the following wellness categories: physical, emotional, social, intellectual, spiritual, financial, environmental, and occupational.

[**Housing**](https://housing.uoregon.edu/) **and** [**Food**](https://dos.uoregon.edu/food)

UO offers family housing and university apartments suited for students with children, students who are married or in a domestic partnership, and students who are at least 20 years old. All facilities have kitchens, laundry facilities, and Ethernet access, among other accommodations. One site offers on-site child care, a children’s playground, and community gardens.

For students who experience food insecurity, there are a number of options.

* **Produce drop**: In partnership with Food for Lane County and Trillium Produce Plus, the UO Student Sustainability Center’s new monthly program in the EMU Amphitheater places fresh produce directly into the shopping bags of UO students who self-identify as living at or below 200 percent of the Federal poverty level.
* **Ducks Feeding Ducks**. This program offers a confidential route for students who do not have the money or meal points available to purchase food to access meals on campus. Using the Duck Bucks function of the UO ID card, the Ducks Feeding Ducks program provides a transfer of $10 into a student’s account (limit of one transfer per term) for use at any campus food venue that accepts Duck Bucks. Ducks Feeding Ducks is designed as an emergency resource for students who are unable to access food through other resources. There is also a donation component for students, UO employees, and family members who would like to contribute to Ducks Feeding Ducks.
* **Supplemental Nutrition Program**: The student union holds Supplemental Nutrition Assistance Program (SNAP) enrollment events and have a support team to help students enroll in state and federal food programs. The Student Sustainability Center and the Duck Nest collaborate with Partners for a Hunger-Free Oregon and the Oregon Department of Human Services to help students learn about the program and get enrolled, if eligible. Enrollment events with Department of Human Services employees and trained volunteers help students enroll; and drop-in hours at the Duck Nest and Student Sustainability Center provide students information and support.
* **Student Food Pantry**. The Student Food Pantry—a ministry of the Episcopal Campus Ministry in Eugene and a partner agency with Food for Lane County—is open to all college students in the greater Eugene area. Founded in 2011, the pantry provides free supplemental food for college students. Depending upon availability, this may include canned fruits and vegetables; frozen and fresh vegetables; bread, rice, pasta, and cereal; canned beans, soups, and other protein sources; dairy products, frozen meats, and meat substitutes. Additional quantities are given to students with children.

[**Family Support**](https://dos.uoregon.edu/nontrad)

The University of Oregon is committed to supporting students with dependents and offers several resources including affordable housing for families, child care subsidies, and family mediation. The university operates three different childcare programs that offer student families first priority and a tuition discount. The student union operates a Child Care Subsidy program to support eligible students in covering the cost of childcare. The university also provides connections for family mediation services to prevent, reduce, and resolve family conflict and promote healthy family interactions which are provided by Lane County.