

UABSO STUDENT RESOURCES

PHYSICAL & MENTAL HEALTH

➤ **UAB Student Health and Wellness (office hours M-F 8:00am-5:00pm)**

Student Health Services – comprehensive primary care services (all health service visits, labs, tests and procedures are billed through insurance)

- **205-934-3580; studentwellness@uab.edu; <https://uab.edu/students/health>**
- Address: 1714 9th Ave. South Birmingham, AL 35233

Student Counseling Services – helps students achieve personal, academic, and lifelong goals through individual and group mental health services, prevention and outreach programming, crisis and emergency support, and consultation services (there is a psychiatric nurse practitioner on staff) – services provided at no extra cost

- **205-934-5816; counseling@uab.edu; <https://uab.edu/students/counseling>**
Address:
Learning Resource Center, 3rd Floor
1714 9th Avenue South Birmingham, AL 35233

Wellness Promotion – focuses on prevention of interpersonal violence through education and awareness, and is the home of the Collegiate Recovery Community for students in active recovery from alcohol and substance abuse – free services provided

- **Wellness Promotion: 205-996-0834; wellnesspro@uab.edu; <https://uab.edu/students/wellness>**
Address: 1714 9th Ave South Birmingham, AL 35294
- **Collegiate Recovery Community: 205-996-1612; kpemslie@uab.edu; <https://www.uab.edu/students/counseling/mha/landing-page/contact>**
Address (between Pita Stop and Subway):
1102C 12th Street S Birmingham, AL 35294

➤ **UAB Community Counseling Clinic** – Available after hours with reduced prices for current UAB students (self-pay only, no insurance taken)

- Address: 1150 10th Ave S, Room 117 Birmingham, Alabama 35294-4460
205-996-2414; counselingclinic@uab.edu; <https://uab.edu/education/counselingclinic>

➤ **Campus Recreation Center** – <https://www.uab.edu/students/universityrecreation/>

- Address: 1501 University Blvd. Birmingham, AL 35233; **205-934-8224, recmember@uab.edu**

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FOOD INSECURITY

➤ **Blazer Kitchen** – UAB's Food Pantry designed to address food insecurity amongst UAB employees, students and referred patients:

<https://uab.edu/benefund/programs/blazer-kitchen>

Address: UAB 1613 Building

205-996-2040

blazerkitchen@uab.edu

1613 11th Avenue S

Birmingham, AL 35205

[Appointments](#)

-or- Hill Student Center, Suite 303

205-975-9509

studentoutreach@uab.edu

1400 University Blvd

Birmingham, AL 35294

[Appointments](#)

➤ **Community Food Bank of Central Alabama** – distribution calendar with dates/locations: <https://feedingal.org/find-food/>

TRANSPORTATION

➤ **Blazer Express** – provides transportation across the UAB campus and medical district; students can enjoy fare-free bus transportation along designated routes (valid UAB ID badge required upon boarding); transportation@uab.edu or **205-934-3514**

- Interactive Route Map:

https://www.google.com/maps/d/u/0/viewer?mid=1ivttqZnyi9ethuyoNBL_BsF48tVrYhwG&ll=33.5007902822271%2C-86.80755602141411&z=15

➤ **Blazer Market Route** – let the Blazer Express take you to fresh, healthy, and affordable grocery stores: Walmart, Mi Pueblo, Super Oriental Market, and Hometown Supermarket: <https://uab.edu/students/assistance/blazer-market-route>

- Buses run from 10:00am-1:00pm Saturdays, pick up on corner of 14th Street S & 7th Avenue S in front of Starbucks; [Schedule](#)

➤ **Biking at UAB** – biking checklist, registering your bicycle, bicycle policy, map of bicycle parking and lanes, and bike locker program:

<https://www.uab.edu/transportation/biking>

FINANCIAL INSECURITY

➤ **UABSO Emergency Loan Fund** – Emergency Loans are given to students based on need and availability:

<https://www.uab.edu/optometry/home/images/documents/resources/Emergency-Loan-Application-Form.pdf>

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EMERGENCY AND CRISIS ASSISTANCE

- **Crisis Center of Birmingham** – Crisis Line, National Suicide & Crisis Lifeline 988, Rape Response Line, Youth Talk Line, Senior Talk Line, Recovery Resource Center:
<https://www.crisiscenterbham.org/>
 - **Crisis Line – 205-323-7777**
 - **National Suicide & Crisis Lifeline – simply dial 988**
 - **Rape Response Line/SANE – 205-323-7273**
 - **Youth Talk Line – 205-328-5465**
 - **Senior Talk Line – 205-328-8255**
 - **Recovery Resource Center – 205-458-3377**
- **UAB Safety Escort** – late night, on-demand van service for UAB students and employees from 9:00pm-5:30am every day (must have UAB ID badge):
<https://www.uab.edu/transportation/services#safetyscout>
 - Use the TransLoc app (available for download with iOS or Android) or call **205-934-3514** to request a ride on campus
- **Rave Guardian App** – free app providing instant communication with friends, family, coworkers, UAB Police, or 911: <https://www.uab.edu/emergency/rave-guardian> or <https://www.ravemobilesafety.com/rave-guardian-app/>
- **Motorist Assistance Roadside Service (MARS)** – a free service available to all visitors, students, and employees parking on campus who need help with a dead car battery, putting air in a flat tire, retrieving keys locked in a car, etc.:
<https://www.uab.edu/transportation/services/mars>
 - The service is available on weekdays 7:30 a.m. to 10 p.m., except holidays. For help, call **205-975-6277**
- **UAB Police Department** – committed to providing a safe and secure environment for all students, faculty, staff, patients, visitors and guests through crime prevention, problem resolution and community involvement: <https://www.uab.edu/police/>
 - 1117 14th Street South Birmingham, AL 35205; Non-emergency **205-934-4434**
 - If you have an emergency, please contact UABPD at **(205) 934-3535** or call **911**

UABSO STUDENT RESOURCES

SPECIALIZED SERVICES

- **Disability Support Services (DSS)** – register with DSS for accommodations due to a disability (e.g. ADHD, Diabetes, etc.): <https://www.uab.edu/students/disability/>
- Address: Hill Student Center, Suite 409 1400 University Blvd, Birmingham, AL 35205
205-934-4205; dss@uab.edu
 - You will need to follow a registration process:
<https://www.uab.edu/students/disability/getting-started>
- **International Student Services** – immigration advising and cultural exchange events for international students: <https://www.uab.edu/global/about/programs-services/isss>
 - Address: Office of Global Engagement, 2nd floor of Mervyn Sterne Library 917 13th Street South, Birmingham, AL 35294
 - Contact: <https://www.uab.edu/global/about/contact-us>
- **Off-Campus Student and Family Engagement** – assistance with housing:
<https://offcampushousing.uab.edu/>; **205-975-0684**
 - Address: Hill Student Center, Suite 140, 1400 University Blvd. Birmingham, AL 35205
 - Alabama Tenants Handbook: <https://legalservicesalabama.org/wp-content/uploads/2024/07/Alabama-Tenants-Handbook-2024-Update-1.pdf>
- **UAB Child Development Center** – managed by KinderCare, providing childcare from 6 weeks to 5 years: <https://www.kindercare.com/our-centers/birmingham/al/081093>
 - Address: 1100 10th Avenue South Birmingham, AL 35205; **205-934-7353**
 - Other childcare resource options:
<https://www.uab.edu/humanresources/home/support-for-parents/childcare-resources>
- **Veterans Services** – Assisting veterans, service members, dependents, and survivors:
<https://www.uab.edu/students/veterans/>
 - Address: Hill Student Center Suite 313, 1400 University Blvd. Birmingham, AL 35294
205-934-8804; veteransaffairs@uab.edu
- **One Stop Student Services** – assistance with academic records (transcripts), financial aid, registration, student accounting, ONE card: visit <https://www.uab.edu/one-stop/> to make an appointment, check financial aid, or request transcripts
 - Address: Hill Student Center Suite 103, 1400 University Blvd. Birmingham, AL 35294
205-934-4300 or 855-UAB 1STP (205-822-1787); onestop@uab.edu