

ESSENTIAL STUDENT RESOURCES



Student Counseling Services

Offers free and confidential support to achieve well-being

Location:

3rd Floor Learning Resource Ctr
1714 9th Avenue South
Birmingham, AL 35233

- Individual and group counseling
- Crisis and emergency support
- Prevention and outreach programming
- Online resources and distance counseling

To schedule an appointment, call: 205-934-5816

UAB Cares



Delivers supports for students in crisis or considering suicide

- Identify related community resources
- Connect with crisis hotlines (rape response, domestic violence, LGBT, etc.)
- Talk to a trained, live crisis counselor 24-7

To connect with a crisis counselor: Text “UAB” to 741-741



Student Assistance & Support

Assists students through life challenges to support diverse needs

- Student advocacy
- University and community connections
- Individualized support
- Resilience and accountability
- Distressed student referrals

Location: Hill Student Center
Suite 303, 1400 University Blvd
Birmingham, AL 35233

Phone: 205-975-9509

Email: studentoutreach@uab.edu

Regions Institute for Financial Education

Provides financial literacy resources and programming



- Saving goals
- One-on-one financial counseling
- America Saves Pledge
- Interest-free student microloans
- Financial literacy presentations
- Credit management
- Debt reduction
- Spending plans



Student Health Services

Offers primary and specialty care appointments for healthcare needs

Location:

1714 9th Ave South
Birmingham, AL 35233

Hours: Mon-Thurs 8-5, Fri 9-5

- Immunizations and prescriptions
- Triage nurse on call
- Telemedicine visits (AW Touchpoint)
- Student insurance and waivers

To schedule an appointment, call: **205-934-3580** or access the patient portal

Blazer Kitchen

Provides an on-campus food pantry and food insecurity referrals



1613 Location:

appointment required

1613 11th Ave. S
Birmingham, AL 35205

Phone: 205-996-2040

Hours: [please check website](#)

Hill Student Center Location:

appointment required

Suite 303, 1400 University Blvd
Birmingham, AL 35233

Phone: 205-975-9509

Hours: Mon-Fri, 8 am-5 pm



Disability Support Services

Facilitates an accessible university experience for all students

Location: Hill Student Center, Suite 409

1400 University Blvd
Birmingham, AL 35294

Phone: 205-934-4205

Hours: Mon-Fri 8 am-5 pm

- Sign language interpreters
- Books in alternative formats
- Note-taking assistance
- Testing/housing accommodations
- Assistive technology software

For questions about DSS accommodations, email: dss@uab.edu

UAB Police and Public Safety



For emergencies, please call **205-934-3535** or **911**

For non-emergency situations, please call **205-934-4434**