

Where to go if you have questions about:		
Academics	Health and Wellness	Student Life
<i>Am I making the academic progress I need to make to graduate?</i>	<i>I don't have health insurance. Where can I get some?</i>	<i>I have a personal, medical or family matter I need help with. Who can I talk to confidentially?</i>
Contact your advisor, <a href="#">graduate coordinator</a> , or chair of the department for questions about academic progress.	The University is a member of the <a href="#">National Association of Graduate-Professional Students</a> . You can get <a href="#">low-cost health insurance</a> through the Association.	<a href="#">Student Health Services</a> can assist you with medical matters. For personal or family issues, contact <a href="#">Student Counseling, Assessment and Development</a> .
<i>I have concerns about an academic issue. Where can I find an advocate to help me?</i>	<i>I have questions about my physical or mental health. How do I make an appointment and where can I go?</i>	<i>I need some emergency funding or a short-term loan. I am suffering from food insecurity or I need emergency help with housing.</i>
The best place to start is with your advisor. If your advisor can't help you, or the problem is with your advisor, contact your <a href="#">graduate coordinator</a> . You can always reach out to the <a href="#">Dean of Graduate Studies and Continuing Education</a> if you need help.	For your physical health, contact <a href="#">Student Health Services</a> . For mental health contact <a href="#">Student Counseling, Assessment and Development</a> . For medical emergencies, call the <a href="#">Campus Police</a> (870-575-8102) or 911. The <a href="#">Jefferson Regional Medical Center</a> provides hospital services to Pine Bluff and Jefferson county. There are many physician's offices, <a href="#">mental health clinics</a> , and urgent care clinics in Pine Bluff.	Emergency funds are available on a case-by-case basis depending on the university's budget. Help is available through the <a href="#">Student Success Center</a> . Short-term loans can be arranged through the office of <a href="#">Student Financial Services</a> . If you need emergency food, UAPB operates a <a href="#">food pantry</a> . Emergency housing may be available through the <a href="#">Salvation Army</a> in Pine Bluff or <a href="#">CASA Women's Shelter</a> in Pine Bluff.
<i>I have questions about academic funding like an assistantship or my financial aid.</i>	<i>I just need someone to talk to for support. Where can I find someone I can speak with confidentially about stress, relationships, spirituality, or life in general?</i>	<i>I have a conflict arising from life at UAPB. Where can I find help or an advocate?</i>
For financial aid questions contact <a href="#">Student Financial Services</a> . If you have questions about an assistantship, contact your advisor or the <a href="#">graduate coordinator</a> for your program.	You can reach out to <a href="#">Student Counseling, Assessment and Development</a> on campus. Pine Bluff boasts numerous churches and a <a href="#">mosque and masjid</a> where you may be able to obtain religiously-based counseling.	The <a href="#">Office of the Dean of Student Life</a> offers conflict resolution for students who have conflicts with roommate, colleagues and friends.

<p><i>Where can I go to talk to someone about Campus Climate or Diversity and Inclusion?</i></p>	<p><i>Where can I get confidential help for sexual violence or abuse?</i></p>	<p><i>I need accommodations because I have a physical or mental disability, have a medical condition or temporary injury or a learning disability.</i></p>
<p>If you have concerns about discrimination, harassment or the overall campus climate you can contact the <a href="#">Deputy Title IX Coordinator</a> in the Dean of Students office.</p> <p>If you have been harassed, threatened or intimidated by another student, or have witnessed such an event, you can complete a <a href="#">Student Incident Report</a> which will trigger an investigation and disciplinary action by the Dean of Students.</p>	<p>You can contact the <a href="#">Campus Police</a> at 870-575-8102.</p> <p>The Dean of Students office houses the <a href="#">Deputy Title IX coordinator</a> who handles sexual harassment, sexual assault and domestic violence issues on campus.</p> <p><a href="#">CASA Women’s Shelter</a> in Pine Bluff provides a place for women and their children to go to escape domestic violence. They also provide a number of resources for victims and survivors of sexual violence and domestic abuse.</p>	<p>Contact the <a href="#">Office of Disability Services</a> for confidential help with temporary or permanent disabilities.</p>
<p><i>Where find Professional development?</i></p>	<p><i>Where can I find resources for health and wellness or a consultation?</i></p>	<p><i>Additional resources</i></p>
<p>Professional development opportunities can be found at the <a href="#">Career Services</a> office. You can find opportunities for leadership skill development in the <a href="#">Office of Student Involvement and Leadership</a>. Finally, your department may host professional development activities for graduate students. Contact your department chair or <a href="#">graduate coordinator</a> for information about these opportunities.</p>	<p><a href="#">Student Health Services</a> can provide consultations on health and wellness. The <a href="#">Cooperative Extension Program</a> provides advice for all on healthy living, nutrition and exercise.</p>	<p>The <a href="#">Division of Student Affairs</a> handles most issues surrounding living on campus, health and fitness, medical and mental health, safety and security, and housing and dining.</p> <p><a href="#">Bus services in Pine Bluff</a> are offered by the city. Busses run from 6:00 AM – 6:00 PM Monday through Friday.</p> <p><a href="#">Arkansas Department of Human Services</a> provides programs for families and children, mental health and substance abuse, developmental disabilities, healthcare and adults and seniors.</p>
<p><i>Additional resources</i></p>	<p><i>I want to know about campus opportunities for fitness and recreation.</i></p>	
<p>Graduate academic information can be found on the <a href="#">graduate student resources</a> webpage. Other academic questions can</p>	<p>UAPB has a Fitness Center (<a href="#">Building 17</a>) next to the Student Health Center. Several dorms also have fitness rooms.</p>	

be answered by the [Dean of Graduate Studies and Continuing Education](#), or by the [Office of Academic Affairs](#).

Graduate students who **need a laptop computer** may be able to borrow one from the [John Brown Watson Memorial Library](#). You must be registered in the term you wish to borrow a laptop. You will need to bring your current student ID to the library and fill out some paperwork to borrow a laptop. The laptops are available on a first-come-first-served basis.

UAPB offers a variety of [Physical Education](#) classes that will help you stay healthy and fit.

[United Family Services](#) in Pine Bluff can help you with mental health and substance abuse issues, parenting, and numerous juvenile and teen issues.

The Pine Bluff Jefferson County Economic Opportunities Commission/Central Delta Community Action Agency (PBJCEOC/CDCAA) offers support for people in need of **financial assistance for rent, utilities and groceries**. Call 870-536-0046, Ext. 201, or 1-877-915-7561.

[Neighbor-to-Neighbor](#) program provides community information, information on local charities and non-profits, acts as a referral service/agency for those in need of help, operates a food pantry for the low income elderly and those in need of emergency food and groceries, provides a free hot meal at noon Monday through Friday, gently used clothing, emergency funds for medicines, rent help, eyeglasses and check-ups, utilities and cooling bill help, and transportation. 870-534-2883.

The [Pine Bluff Salvation Army](#) provides services including clothing, food, shelter and utility bill assistance, weekly character building, housing and foreclosure counseling, goal setting and personal encouragement. (870) 534-0504

International students can find help for issues specifically related to immigration, visas

		and legal requirements of the US Customs and Immigration Service for study in the US at the <a href="#">Office of International Programs and Studies</a> .  Study abroad opportunities are also handled by <a href="#">OIPS</a> .
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***If you don't see your question here, or if you can't find the answer you need, you can always contact the Dean's Office for help. We are available Monday through Friday from 8 AM to 5 PM.***

***Phone: 870-575-8316***

***Email: [fernandezd@uapb.edu](mailto:fernandezd@uapb.edu)***

***If this is an emergency, contact the Campus Police at 870-575-8102***