

Alphabetical List of Web Links to Community, University, Student, and Personal Resources

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➤ Off-Campus Resources

- **Alcoholics Anonymous (Portland):** <http://www.pdxaa.com/>
- **Crisis Hotlines (virtually any crisis, any population in the Portland area):**
<http://www.pwcl.org/resources.html>
- **Depression in College:** <http://www.campusblues.com/>
- **Eating Disorder Program (Providence St. Vincent):**
http://www.providence.org/Oregon/Programs_and_Services/Behavioral_Health/eating_pgm.htm
- **Emotional and Physical Health Issues of College Students:** <http://www.facetheissue.com/index.html>
- **Food, Cash, Housing (State of Oregon Department of Human Services):**
<http://www.oregon.gov/DHS/assistance/index.shtml>
- **Immigrant and Refugee Community Organization:** <http://www.irco.org/IRCO/>
- **Multnomah County Crisis Line: 503-988-4888,**
<http://www.co.multnomah.or.us/dchs/mhas/cphone.shtml>
- **Narcotics Anonymous (Portland):** <http://portlandna.com/>
- **Planned Parenthood:** <http://www.ppcw.org>
- **Oregon Community Resource Directory (free online access to workforce and social service resources throughout Oregon):**
<http://www.oregoncrd.org/index.cfm?CFID=98217&CFTOKEN=42848816>
- **Portland Women's Crisis Line:** <http://www.pwcl.org>
- **Studying Help:** <http://www.studygs.net/>
 - **Assignment calculator:** <http://www.lib.umn.edu/help/calculator/>
 - **Time planning:** <http://www.studygs.net/schedule/>

➤ PSU Resources

- **Affirmative Action:** <http://www.afm.pdx.edu>
- **Arab-Persian Student Organization:** <http://www.deftcore.com/apso/>
- **Associated Students of Portland State University:** <http://www.pdx.edu/aspsu/>
- **Bookstore:** <http://www.portlandstatebookstore.com/>
- **Children's Center (ASPSU):** <http://www.aspsucc.pdx.edu/>
- **Campus Crusade:** <http://www.campuscrusade.pdx.edu/>
- **Campus Ministry (Christian):** <http://www.campusministry.pdx.edu/>
- **Campus Public Safety Public Services:** <http://www.cpsopdx.edu/html/publicservices.htm>
 - **CPSO Crime Prevention Tips:** <http://www.cpsopdx.edu/html/crimepreventtips.htm>
 - **CPSO "Phone Numbers to Live By":** <http://www.cpsopdx.edu/html/camsafetyguide.html#phone>
- **Career Center:** <http://www.career.pdx.edu>
- **Center for Academic Excellence:** <http://www.cae.pdx.edu>
- **Child Development & Family Services (help with managing the demands of being a parent and a student):** <http://www.cdfs.pdx.edu/>
- **College Democrats:** <http://www.pseudems.org/>
- **College Republicans:** <http://gop.pdx.edu/>
- **Disability Resource Center:** <http://www.pdx.edu/iasc/drc.html>
- **Diversity Action Council:** <http://www.president.pdx.edu/Initiatives/diversity/DACHome.phtml>
- **Educational Equity Programs and Services:** <http://www.ess.pdx.edu/eeps/index.html>
- **Employment:** <http://www.pdx.edu/employment.html>
- **ESL Resources:** <http://www.intl.pdx.edu/ISS/Resources/ESLProgs.php>
- **Financial Aid:** <http://www.pdx.edu/finaid/>
- **Health and Counseling** (psych. counseling, learning disabilities, medication; dental care; primary health care, incl. women's health care, immunizations, prescriptions, etc): <http://www.shac.pdx.edu/hs/>

- **Helen Gordon Child Development Center:** <http://www.hgcdc.pdx.edu/>
- **Information and Academic Support Center:** <http://www.pdx.edu/iasc>
- **International Student Services:** <http://www.intl.pdx.edu/ISS/>
- **Jewish Student Union:** <http://www.jewishstudentunion.pdx.edu/>
- **Las Mujeres de la Raza:** <http://www.mecha.pdx.edu/Mujeres.html>
- **Learning Disability Services:** <http://www.shac.pdx.edu/caps/ld.php>
- **Legal Services:** <http://www.ess.pdx.edu/sls/>
- **Multicultural Center**, dedicated to providing programs and resources to members of diverse and underrepresented communities: <http://culture.pdx.edu/index.cfm>
- **Office of Information Technologies:** <http://www.oit.pdx.edu/>
- **Ombud's Office (to help you with problems with the University):** <http://www.ombuds.pdx.edu/>
- **Oregon Student Public Interest Research Group (OSPIRG):** <http://www.ospirgstudents.org/>
- **President's Commission for the Status of Women:** <http://www.pcsw.pdx.edu>
- **Queers and Allies:** <http://www.qa.pdx.edu>
- **Student Conduct:** <http://www.osa.pdx.edu>
- **Student Groups:**
 - **academic & honorary:** <http://www.salp.pdx.edu/groupsacademichonorary.php>
 - **fine and performing arts:** <http://www.salp.pdx.edu/groupsfpa.php>
 - **Greek life/leadership:** <http://www.salp.pdx.edu/groupsgreekleadership.php>
 - **multicultural** (incl. ethnic, religious, sexual groups):
<http://www.salp.pdx.edu/groupsmulticultural.php>
 - **political** (from College Republicans to Socialist Party): <http://www.salp.pdx.edu/groupspolitical.php>
 - **service and advocacy** (incl. disabled advocacy, queers & allies, planned parenthood, students of color, etc.): <http://www.salp.pdx.edu/groupsserviceadvocacy.php>
 - **spiritual** (incl. Basic English and Bible, Campus Crusade for Christ, Catholic, Jewish, Muslim, Pagan groups) <http://www.salp.pdx.edu/groupsspiritual.php>
- **Student Parent Services:** <http://www.sps.pdx.edu/>
- **Tutoring:** <http://www.setc.pdx.edu/>
- **Wellness Resources:**
 - **Emotional wellness**, incl. anxiety, ADHD, alcoholism and addiction, depression, anorexia, panic disorders, self-esteem, perfectionism, stress management, suicide:
<http://www.shac.pdx.edu/wellness/emotional.php>
 - **Environmental wellness**, incl. Breast Cancer and Centers for Disease Control:
<http://www.shac.pdx.edu/wellness/environmental.php>
 - **Intellectual wellness**, incl. foreign languages, ESL, learning disabilities, study guides:
<http://www.shac.pdx.edu/wellness/intellectual.php>
 - **Social wellness**, incl. sexual issues and social anxiety: <http://www.shac.pdx.edu/wellness/social.php>
 - **Spiritual wellness**, incl. meditation, campus ministry, spiritual health, yoga:
<http://www.shac.pdx.edu/wellness/spiritual.php>
- **Veterans' Services:** <http://www.pdx.edu/iasc/veterans.html>
- **Women's Resource Center:** <http://www.wrc.pdx.edu/>
 - **Interpersonal violence advocacy** (incl. support and referrals around abuse, rape, etc.):
<http://www.wrc.pdx.edu/iva.html>
 - **Returning (older :-) women students:** <http://www.wrc.pdx.edu/rws.html>
- **Writing Center:** <http://www.writingcenter.pdx.edu/>