Mount Mercy Campus Resource Guide 2026-27

**This document contains hyperlinks, Danielle Rudd Summer 2026*

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St. Ambrose University and Mount Mercy

Education Together

Mount Mercy University and St. Ambrose University have taken the next step toward a shared future, celebrating the successful completion of Phase One in a two-step process to fully combine the two Catholic institutions. With St. Ambrose now serving as the parent organization of Mount Mercy, this milestone sets the stage for a stronger, more sustainable model of Catholic higher education in Iowa and the surrounding region.

The combination aims to ensure the long-term viability of both institutions through the leveraging of shared resources and a unified vision. Novak says the combination will strengthen student services and expand program offerings, provide personalized support to students of all ages, and expand regional impact – while preserving the distinct histories and traditions that define each campus community.

We encourage you to read the full FAQ General Information and FAQ for Students

Mount Mercy History, Mission, & Campus Values

Mission: "Mount Mercy is a Catholic University that provides student-focused education in the spirit of the Sisters of Mercy and welcomes people of all beliefs to join our community in pursuit of baccalaureate and graduate education and compassionate service to those in need."

Mount Mercy University, located in beautiful Cedar Rapids, Iowa, was founded in 1928 by the Sisters of Mercy. Established during challenging times, the university was created to provide high-quality, values-based education, empowering students to navigate and contribute positively to a complex world. Today, Mount Mercy serves over 1,400 students from around the globe, fostering a vibrant and inclusive campus community. The university offers a comprehensive range of undergraduate and graduate programs, emphasizing academic excellence, professional preparation, and compassionate service.

As a Catholic university, Mount Mercy is open to students of all faith and no faith backgrounds. Rooted in the Catholic Intellectual Tradition, principles of Catholic Social Teaching, and Mercy values, Mount Mercy encourages students to embrace service to the common good, leaving the world better than they found it. Deeply guided by the Sisters of Mercy five Critical Concerns – Earth, immigration, nonviolence, anti-racism, and women – the campus provides service learning and volunteer opportunities that invite students to translate these values into action.

We empower our students to be critical thinkers and ethical leaders.

Throughout its history, Mount Mercy has evolved to meet the needs of the times and its community. Initially serving as a two-year college for women, Mount Mercy expanded to a four-year institution in 1960 and became coeducational in 1969. In 2010, the institution was re-designated as a university to reflect its growth and expanded offerings, and in May 2024, Mount Mercy announced a strategic combination with

St. Ambrose University aimed at enhancing educational opportunities, strengthening resources, and increasing access and affordability for Catholic higher education in Eastern Iowa.

With forward-thinking curriculum and flexible on-campus and online learning formats, Mount Mercy continues to be recognized as a distinguished institution and national leader within the Conference for Mercy Higher Education.

Statement on Human Dignity

As a Catholic Mercy Institution of higher education, we uphold the inherent dignity and worth of all people. In accordance with our mission and Mercy values, Mount Mercy works to ensure that everyone feels safe in their identity and welcome and engaged on campus. We advocate, consult, provide guidance, and work across campus and community resources to ensure Mercy hospitality extends to all people on our campus. We affirm all people as persons. We denounce all acts of hatred and seek to build opportunity for all. To learn more about the Catholic and Mercy commitments that drive our work, see our Catholic Tradition page.

Academic Calendar & Important Dates

2026 – 2027 School Year

Fall Semester 2025

Classes begin	August 24
Last day to add classes	August 27
Labor Day (no class)	September 7
Midterm	
Fall Break	October 16
Last day to drop (W)	November 13
Thanksgiving Break	November 23-27
Pass/fail opportunity	
Last day of classes	
Final Exams	December 14-17
Graduation date	

Spring Semester 2026

Classes begin	January 11
Last day to add classes	
MLK Day (no class)	January 18
Midterm	
Spring Break	March 8-12
Good Friday/Easter Monday (no class)	March 26 & 29
Last day to drop (W)	
Pass/fail opportunity	
Last day of classes	
Final Exams	May 3-6
Commencement/Graduation	May 9

Important Dates

Housing application opens: February 23, 2026

Roommate selection: February 23, 2026

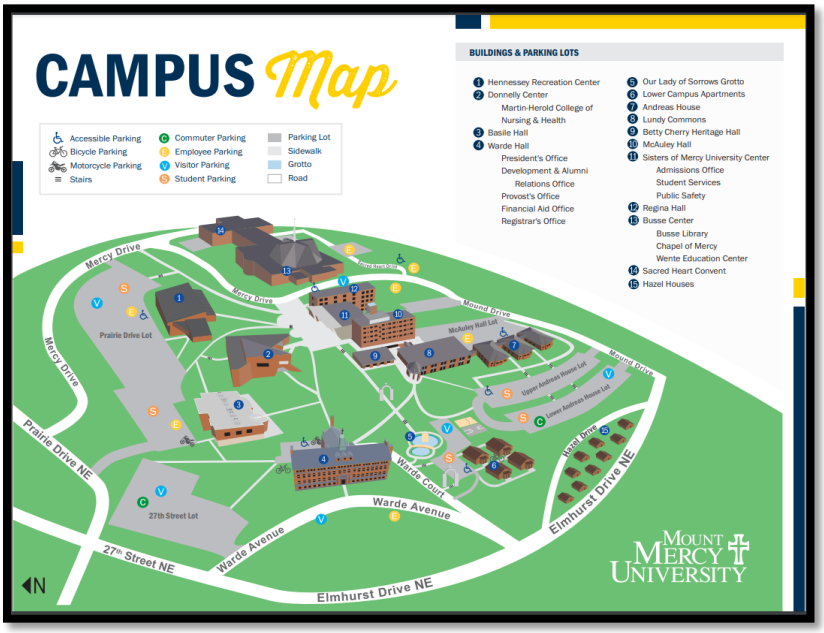
Early move days

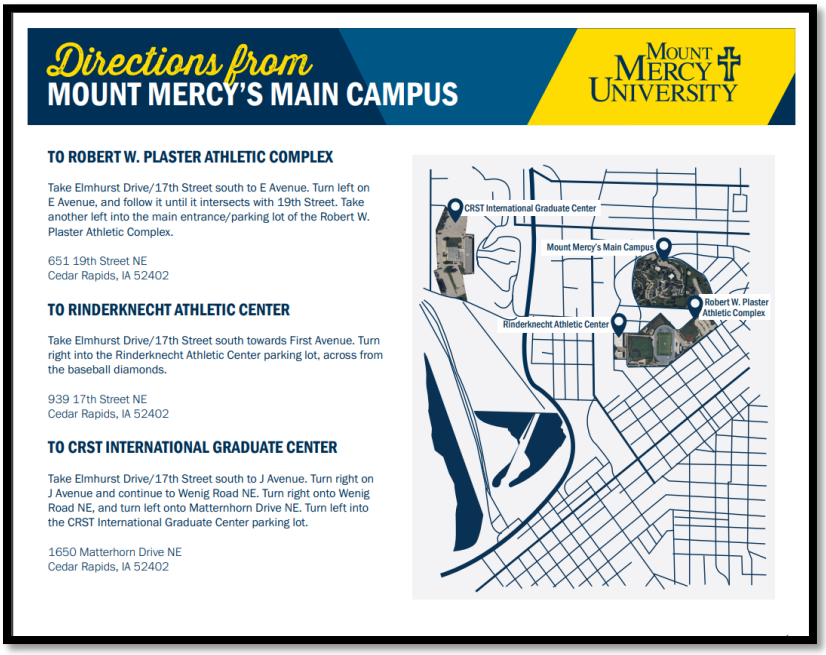
- Project Connect: July 26
- Early fall athletes #1(Football, W Volleyball, M&W Soccer: August 4
- Early fall athletes #2 (M & W Cross Country, Cheer, Dance, M & W Golf): August 10

New student (first year and transfer) move in day: August 19

Mustang Welcome: August 19-21

Campus Map





Academic Advising

Academic advising is one of many ways we aim to support students with the tools and knowledge to navigate the university. All undergraduate students will be assigned to a faculty advisor with whom they will work from their entry to Mount Mercy through graduation.

Advising takes teamwork and both parties have responsibilities.

Student Responsibilities

- Check your Mount Mercy (Microsoft 365) email to stay informed about academic policies and procedures
- Learn how to register for classes using the registration guide
- Schedule appointments with your academic advisor during key points throughout the academic year (midterms, pre-registration, to add or drop classes, etc.)
- Use the 2025-2026 Course Catalog to understand the core curriculum and major/minor/departmental requirements as well as graduation requirements
- Review midterm and final grades each semester, as well as your individualized academic plan(s) on myMountMercy
- Be transparent about academic progress and other issues (such as conduct) that may be hindering your progress towards graduation
- Be prepared to accept responsibility for the consequences of academic and persona choices
- Make use of referrals to campus resources to assist in achieving your academic, personal, and career goals

Faculty Advisor Responsibilities

- Help students define academic goals and develop a path to earn and undergraduate degree
- Provide up-to-date and helpful information about academic requirements, policies, and procedures (e.g. satisfactory academic progress, low midterm grades, etc.)
- Advise on graduate, career, and other professional opportunities, especially those unique to the field of study
- Provide referrals to other campus student-support partners
- Be available during office hours or by appointment and provide a safe and respectful environment to share concerns, questions, and academic and/or career-related issues

Academic Center for Excellence (ACE)

Located in **UC 130**, **ACE** (ace@mtmercy.edu) is the one-stop spot on campus to find free academic support and resources available to all students. 319-363-1323 x1208. There is no cost to use the resources available through ACE.

Students who use ACE resources regularly do better academically.

Typical hours:

Sunday: 6:00-9:00 PM
Monday-Thursday: 8:00 AM-8:00 PM
Friday: 8:00 AM-4:30 PM

Academic and Student Success	Professional staff are available to work with students one-on-one to provide information and support needed to be successful *Director of Academic Support Programs*: **Kelly Ward** *Associate Director of Academic Support Programs*: **Janey Jill Piersall** *Academic Support Coordinator*: **Amber Mulnik** *Academic Support Assistant:* **Skylar Hop**
Writing Assistance	A writing specialist, peer tutors, and other staff are available in the Writing Center for assistance with writing skills and to provide guidance with a variety of class assignments and projects. Drop-in hours are determined at the beginning of each semester. A schedule will be posted. *Writing Specialist*: **Miciah Pendarvis**
Peer Educators	Successful students are selected and trained as peer tutors to provide tutoring in course content. Academic peer coaches provide assistance in learning strategies, time management, and organizational and study skills.
Disability Services	Disability reflects diverse characteristics and experiences and is an aspect of diversity integral to society. To that end, we collaborate with students, instructors, staff, and community members to create diverse learning environments that are usable, equitable, inclusive and sustainable. *Access and Disability Services Coordinator*: **Kelly Ward**
Computer/Study Space	ACE has several computers available for student use and space to study, work on assignments, collaborate with classmates, and gather with study groups. Technical support is available to assist with accessing e-mail, logging into Brightspace, and computer use. There is also a printer/copy machine, study tables, and whiteboards for individual or group studying.

Athletics

Mount Mercy is a member of the National Association of the Intercollegiate Athletics (NAIA) and the Heart of America Athletic Conference. It offers varsity competition in 22 sprots including:

Competitive Cheer and Dance
Men's & Women's Basketball
Baseball
Men's & Women's Bowling
Men's & Women's Volleyball
Men's & Women's Soccer

Softball
Men's Women's Cross Country
Men's & Women's Indoor & Outdoor Track & Field
Women's Lacrosse
Men's & Women's Golf
Men's Football

These programs have combined for more than 50 conference team championships while sending teams and individuals to national championship events. In addition, Mount Mercy student-athletes are annually recognized as Daktronics-NAIA Scholar-Athletes and Champions of Character.

Athletic Administration

- Director of Athletics: Paul Gavin, ext. 1324, pgavin@mtmercy.edu
- Associate Athletic Director, Senior Women's Administrator: Molly Altorfer, ext. 1211, maltorfer@mtmercy.edu
- Assistant Athletic Director for Events and Facilities: Jason Furler, ext. 1203, furler@mtmercy.edu
- Assistant to the Athletic Director: Rhonda Martin, ext. 1376, rmartin@mtmercy.edu
- Sports Information Director: Noah Porter, ext. 1284, nporter@mtmercy.edu
- Faculty Athletic Representative: Joe Nguyen, ext. 1300, jnguyen@mtmercy.edu

Billing

Student Accounts

The Student Accounts team manages billing and payments for the university and is a part of the Business Office at Mount Mercy. The Student Accounts Handbook is designed to help students understand policies and procedures. Please read the handbook carefully and bookmark it for future reference.

Here are links for paying your bill: CashNet is for parents and families of domestic students, and Flywire is for international students.

Please note that email from studentaccounts@mtmercy.edu is the official means of communication between the office of student accounts and students Microsoft 365 email accounts. Student accounts is located on the first floor of Warde hall. 319-368-6467

Financial Aid

Email: finaid@mtmercy.edu or, ext. 1258

FAQ

Where do I access my financial aid award?

As an incoming student, your financial aid award will be mailed to you. Financial aid awards can also be accessed online. You can check the netpartner website for all forms needed to complete your financial aid portal.

How do I receive my financial aid?

Once your financial aid file is complete, which means all requested documents have been returned, each semester your financial aid is applied directly to your student account shortly before the beginning of each semester by the Financial Aid Office. This does not include work study.

How do I report outside scholarships that I might receive?

Outside scholarships are considered part of your financial aid award. They must be reported to the Financial Aid Office once you know the amount you will receive. This usually happens during the spring or summer months. Checks for these scholarships should be sent to the Financial Aid Office. If the scholarship requires enrollment verification, please contact the Registrar's Office.

What will happen next year?

You must file a FAFSA each year prior to July 1st. If you do not plan on filing a FAFSA but would like to receive your Institutional Scholarship and Grants, you must notify the Financial Aid Office by May 1st that you will not be filing a FAFSA.

How do I receive my Federal Direct Stafford Loan?

Students will go online to sign the Federal Direct Stafford Master Promissory notes and complete the Entrance Counseling. Instructions for this process are included in the initial financial aid packet that the student has received. Loans will not be disbursed until both the promissory note(s) and entrance counseling are complete.

Do I receive the full Federal Direct Stafford Loan that I have been awarded?

No, an origination fee is deducted prior to disbursing the loan. You will receive a disclosure statement from Direct Loan Servicing Center detailing origination fees and the net amount of your loan.

When will I receive my Federal Direct Staffor Loan?

Direct Staffor Loan proceeds are applied to the student's account not more than 10 days prior to the start of each semester providing that the student has completed their promissory note and entrance counseling.

What if I need an additional loan to pay my balance?

Direct Parent PLUS loans and various private loans are available for the student and parent. The PLUS information would have been included in your initial financial aid packet. Please contact the Financial Aid Office if you have questions about these loans.

How do I know how much I will need in a private loan?

To help determine how much you need in a private loan, please refer back to your Award Offer. On this award offer, you will see how much you have already received in aid and an estimated remaining balance due to Moun Mercy. This estimated balance only covers directly billed costs from Mount Mercy and estimated amount for books. If extra funds are needed please request more than our estimated balance from the private loan company. Please reach out to the Financial Aid Office for help in determining how much to borrow.

Brightspace

Learning Management System (LMS)

At Mount Mercy, we value an education that is built upon a flexible and powerful learning innovation platform that provides our learners with access and support no matter where, how, or what course/program they desire.

Partnered with D2L's best-in-class service and support, our Brightspace tools empower our instructors to create high-quality, customizable content that can unlock a learner's potential and provide personalized learning. Whether a course if face-to-face, hybrid, or fully online, Brightspace helps meet the diverse needs fo our students and reinforce learning outcomes that lead to mastery.

If you are looking for a way to keep on track, the Brightspace Pulse App helps you stay organized with one easy view of course calendars, readings, assignments, evaluations, grade, and announcement items. The Brightspace Pulse app is available for download from any global Apple Store or Google Play store.

Benefits for students include:

- Unlimited access to course content anywhere and anytime on any device
- Access to course materials from diverse formats
- Collaborations with fellow learners via projects, discussion boards, and assignment folders
- Ability to organize your work via checklists, a calendar tool, and notifications of when assignments are due
- Ability to check grades and review feedback from instructors

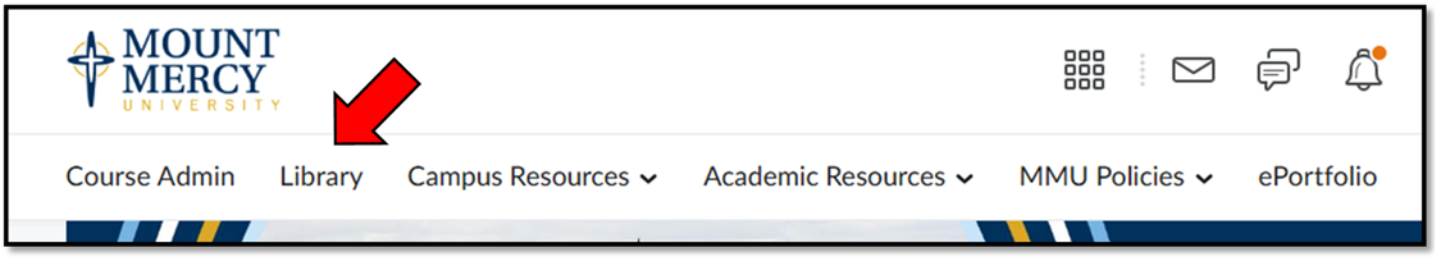
For questions, reach out to: brightspace@mtmercy.edu (please provide full course number, along with the tool, content area, and assignment name when you are reporting technical issues)

Busse Library

Email: library@mtmercy.edu or call 319-358-6465

Mount Mercy's Busse Library is physically open approximately 83 hours per week during spring and fall semesters and virtually open 24/7 with access to many electronic resources through Brightspace. Our building is 65,000 square feet with nearly 84,000 volumes and multiple computing areas for students – 20 PCs in the computer classroom, 35 computers in the Reference Area, and a Mac computer lab.

The library's online resources are available to Mount Mercy students through the library link in Brightspace (see image below). This link will always be available in the toolbar at the top of your Brightspace page. You will have access to our library catalog (WorldCat) and databases. You can also find handouts, video tutorials, and other useful information.



Research and Citation Assistance

Our helpful librarians are always eager to assist you with a research question or a challenging or unique citation. You can email/call to set up an appointment opr stop by the desk for an impromptu meeting.

Interlibrary Loan

When our collection doesn't have what you need for your research, we can request it from another library on your behalf. To begin this process, complete the Inter Library Loan (ILL) request form. We strongly suggest not waiting until the last minute as delivery time can vary depending upon the item and where it is coming from, with some physical items, taking weeks to arrive. This service is free to students.

Course with Low Cost/No Cost Textbooks Open Education at Mount Mercy

To help reduce college expenses, faculty may provide links to free or low-cost class materials. This choice is part of open education, a movement to make college affordable and accessible to everyone. To learn more about Mount Mercy's open education classes, check your myMountMercy and Brightspace accounts for regular campus updates.

Hours of Operation

The most current library hours are always posted on Brightspace, the website, the building, and the TV displays around campus. Hours will change over breaks and during holidays. Sudden changes in hours will be posted/communicated with as much notice as possible. In the event of campus closure due to weather, the library will also be closed. If you live off campus and are planning a trip to the library, check Brightspace to ensure that it is open.

Campus Bookstore

The Slingshot Campus Store is an important campus resource. In addition to having the latest MMU gear, the bookstore is also where all mail and packages are delivered for residential students. Any course materials purchased through Slingshot are managed through the campus bookstore as well. For questions contact mountmercy@slingshotedu.com

Typical Hours:

Monday-Friday, 9 AM – 4 PM, special hours for events like Homecoming, registration days, Spring Break, etc.

Course Materials via Slingshot

Slingshot is a free service to all students. **All new students are opted into the rental preference for course materials.** We will provide every took to every student at an affordable price, all before the first day of class. Orders are delivered to residence halls prior to the first day of classes and anything not needed can be returned for a full refund during the first week of the semester. Materials will be mailed to the address you have on file with Slingshot if you do not live on campus). All Slingshot orders are charged to student accounts, where applicable financial aid can be applied, making it easier to cover the cost, plus you get to skip the line.

Merchandise

The Campus Store carries an assortment of name brands from Under Amor, Columbia, Nike, League, Camp David, etc. From tees to hoodies, sweatpants, and key rings; we have the best Mustang merchandise you can find. Shop online; orders can ship directly to the store for pick up.

Residential Mail

The Campus Store operates a fully functional Post Office. You can mail letters or packages from the campus store, even if you don't have a stamp or shipping label. The Campus Store also receives all mail and packages for the university. Students will be notified by email if they have a package to pick up.

When addressing mail to be sent to you on campus:

- Use your full name (first and last) and refrain from nicknames or things that will make it hard to look you up
- Do NOT include buildings or room numbers on your shipping label
- ONLY address mail to be sent to you as

  Full Name (first and last)
  Mount Mercy University
  1330 Elmhurst Dr NE
  Cedar Rapids, IA 52402

Career Services

Our Career Services office is dedicated to supporting the vibrant spectrum of our community, from first-year leaners to doctoral candidates to our esteemed alumni. We're here to help you fulfill your professional ambitions by offering personalized guidance every step of your way.

Using a proven three-step process, Career Services guides students through identifying their natural aptitudes and connecting them to majors and careers; locating job and internship opportunities; and presenting themselves with confidence through their resumes, cover letters, LinkedIn profiles, and in job interviews. Our office has subscriptions to Handshake and YouScience and we can help you utilize these career-ready services.

Career Development

Dive deep into your career possibilities with our comprehensive services:

- Discover your strengths with aptitude and interest assessments
- Explore majors and career paths suited to your passions
- Craft standout resumes and cover letters with our expertise
- Hone your interview skills through coaching and virtual mock sessions
- Navigate job searches with strategic insights and access to our exclusive Handshake platform
- Customized and unique internship placements through our Nonprofit Career Readiness program
- Effectively use AI tools to optimize your application materials
- Benefit from personalized career coaching for your unique journey

Campus Collaboration

We're in synch with faculty across all departments to bring you:

- Department-specific career fairs each semester
- A robust student-alumni mentorship program aligned with your interests
- Orientation sessions for newcomers to familiarize themselves with our services
- Tailored classroom presentations across a wide range of disciplines
- Workshops on salary insights and negotiation techniques
- A service and volunteer fair

Community Connections

Our strong ties with professional bodies and local businesses open doors to:

- Real-world job shadowing and internship placements
- Direct employer interactions and information sessions right on campus
- Vibrant networking events and company tours
- Exclusive access to the Handshake platform for job, internship, and opportunities
- Joint career events with neighboring colleges and collaborations with eh Cedar Rapids Metro Economics Alliance

For more information or to schedule an appointment, please contact the *Director of Career Services* **Joe Hendryx** jhendryx@metmercy.edu or ext. 1620

Center for the Common Good

As a Catholic Mercy Institution of higher education, we uphold the inherent dignity and worth of all people. In accordance with our mission and Mercy values, the Center for the Common Good works to promote formation of mercy-oriented and justice-seeking people who can collaborate with our local and global partners. Mount Mercy produces graduates who are responsible leaders in their communities and who advocate for systems that advance the Common Good.

Mount Mercy's Center for the Common Good ensures that everyone feels safe in their identity and welcome and engaged on campus. We advocate, consult, provide guidance, and work across campus

and community resources to ensure Mercy hospitality extends to all people on our campus. We affirm all people as persons. We denounce all acts of hatred and seek to build opportunity for all.

Critical Concerns Committee

The Sisters of Mercy were founded out of a deep concern for the needs of the poor and disadvantaged. Today, the Sisters of Mercy focus their ministry on those needs identified through their Critical Concerns—earth, immigration, nonviolence, anti-racism, and women.

The Critical Concerns Committee promotes the university's collective efforts to:

- Grow as a community by actively recruiting student populations that represent our campus, city, country, and world.
- Create productive, meaningful encounters with differing perspectives in a welcoming environment.
- Ensure the success and safety of all individuals on campus, including those with marginalized identities, varying economic status, and abilities.
- Develop programs, services, and initiatives that help educate, support, and engage the campus in social justice and compassion.

International Student Services

Mount Mercy is a diverse and welcoming community with students from all over the work attending classes and experiencing the benefits of our small campus.

Mount Mercy students come from over fifty different countries, representing six continents. We proudly display the flags of each country represented by our current student body, and if you don't see yours, please contact our director of the Center for the Common Good.

Director of the Center for the Common Good: Julie Bradley, jbradley@mtmercy.edu, ext. 1543

Director of International Recruitment & Primary Designated School Official: Amir Hadzic, ahadzic@mtmercy.edu, ext. 1030

Food, professional clothing, and school supply resources

Mount Mercy University is committed to meeting student need, and we understand that for some students, food and/or housing insecurity is a reality. Therefore, any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live, is urged to contact **Danielle Rudd**, the *Dean of Students*, to discuss ways Mount Mercy can help.

The ***Mustang Market*** is a food pantry that provides free food for any MMU student or employee in need. With a fridge and multiple freezers, fresh and frozen foods are available alongside your typical nonperishable items. The Mustang Market is located in Lower Lundy 006. A student ID is needed to pick up food with no questions asked. For hours visit the website or contact the *Director of Student Success Programs* **Jennifer McNabb**.



Hilltop Threads is a free resource on campus that provides professional clothing to any MMU student or employee. Shop the shelves for business and business casual clothing items. All clothes and accessories are free to keep. MMU strives to prepare our students and employees for their future and a successful career. Kick-starting one's professional wardrobe is just one piece of the puzzle. Hilltop Threads is also located in Lower Lundy 006. For hours or more information about Mustang Market or Hilltop Threads, contact the *Director of Student Success Programs* **Jennifer McNabb**. Follow them on Instagram @mmummht.

Sally's School Supplies is a free resource to all students. It is located across from the Circulation Desk in Busse library and is accessible during regular library hours. This shelf has anything from binders, note cards, and journals, to pencils and pens. The supplies are all donated, and whatever is on the shelf is what is available.

Counseling Services

Occasionally academic, personal, and social pressures can feel so overwhelming that it becomes hard to function as usual. We understand. Mount Mercy Counseling Services is here to enhance your academic life and university experience.

All enrolled students can utilize our counseling services. Counseling Services' main office is located on the 2nd floor of the UC (210) while the director's office is located inside the Student Services suite. Counseling Services is open during the weekdays during the academic year (August – May) and offers training and resources to students, faculty and staff.

Please refer to the end of this document for a list of local and national mental health resources.

Dining Services

Mount Mercy's meal plans offer dining service each weekday to provide students with maximum flexibility in fulfilling their dining needs. Students on meal plans will be asked to scan their ID cards when entering the cafeteria. Non-board plan customers may pay with cash, credit cards, or purchase declining balance dollars online our through the Dining Service Office. All meals are provided in an all-you-can-eat format and enable students to make food choices that best fit their lifestyles.

Dining Services will allow students to take a meal to if students are unable to make a mealtime. If Mount Mercy sponsored activities prohibit them from participating in mealtime on campus, they can stop in early and make their own to-go meal. The policy is an either-or policy; you are not allowed to eat in the cafeteria for a meal and then take an additional to-go meal for the same period. Meal plans are not transferable and are to be used solely by the student whom the ID/Meal card is issued.

Residents are required to select a meal plan at the time of contracting for campus living. All students living in university housing of any type must be on either the VIP or Mustang meal plan. If no meal plan is selected, or if the Mustang Plan is chosen by a student who is not eligible for it, the VIP plan will be chosen as the default (base) plan.

Contact the Dining Service management team if you have special dietary requirements.

McAuley Cafeteria

Typical Hours

Monday-Friday
Breakfast: 7:15 AM-9:15 AM
Lunch: 11 AM-1 PM
Dinner: 4:45 PM-7 PM

Saturday-Sunday
Brunch: 10:30 AM-Noon
Dinner: 4:30 PM-6 PM

Hilltop Grill

Typical Hours

Monday-Friday
8 AM-4 PM

Residential Meal Plans

VIP Meal Plan

This is the meal plan assigned to students living in Regina or McAuley residence halls

- Unlimited access to the McAuley Cafeteria
- $100 declining balance per semester
- 5 guest passes per semester

Mustang Meal Plan

This meal plan is assigned to students living in Andreas or Lower Campus Apartments and have access to suite kitchens

- 7 meals per week in McAuley Cafeteria
- $125 declining balance per semester
- 3 guest passes per semester

Commuter Meal Plans

20+ Meal Plan

$150 gets you 20 meals in the McAuley Cafeteria. This effectively reduces the $10/entry price down to $8/entry.

$200 Declining Balance Plan

Add $200 declining balance dollars to your student ID card and receive and additional $20 for use in the McAuley Cafeteria or the Hilltop Grill

**Any student, faculty, or staff member can add this plan to their student/employee ID card at any time during the year.*

FERPA

The Family Educational Rights and Privacy Act

The Family Educational Rights and Privacy Act (FERPA) is legislation which guarantees students certain rights regarding the student's educational records.

Student Rights

- To inspect and review your educational records
- To request amendment of education records the student believes are inaccurate
- To consent to disclosures of personally identificable information contained in the student's education records, except to the extent that FERPA authorizes disclosure without consent
- To file with the U.S. Department of Education a complaint concerning alleged failure by Mount Mercy to comply with the requirements of FERPA

Release of Non-Directory Information

Students may request non-directory information in their educational records (including disciplinary records) be released through authorization, in writing, and specifically including the student name, recipient's name, which record to release and the signature of the student. Examples would include the request to send an academic transcript or the request to release grades to a parent of a student.

Exceptions Under FERPA

Mount Mercy may disclose, without consent, personally identifiable information contained in the student's educational records to school officials with legitimate educational interests. A School official is a person employed by the university in an administrative, supervisory, academic, research, or support staff person (including Public Safety and health services staff); a person or company with whom the university has contracted; a person serving on the Board of Trustees; or a student serving on an official committee, such as disciplinary or grievance committee, or assisting another school official in performing his or her tasks.

As required by law, Mount Mercy may also respond to request for information under the Soloman Amendment, the USA PATRIOT Act, and Violent Crime Control and Law Enforcement Act of 1994 by disclosing educational records to parties authorized to collect such information under those laws.

More information about FERPA can be obtained from the U.S. Department of Education.

Health Services

Health Services at Mount Mercy is a comprehensive outpatient clinic which can meet the most basic health needs of students. Medical problems that are beyond the scope of Health Services staff are referred to appropriate off-campus facilities. Mount Mercy Health Services is staffed by a licensed Physician Assistant (PA) who is a provider contracted through Mercy Medical Center in Cedar Rapids. Physician Assistants have a graduate degree, advanced education and clinical training. They are licensed to practice by the Iowa Board of Physician Assistants.

It is the responsibility of each student to carry a form of medical insurance on them when they come to campus. Many students are covered by family health insurance plans as long as they are in school. Some care requires the *Students must check to be certain they have medical coverage and know the procedures for using their insurance and/or filing claims*.

Mount Mercy Health Services is an Urgent Care Clinic

Mount Mercy Health Services offers general acute health care services to the campus community including students, faculty, and staff. Our care is provided by our contracted provider/physician assistant.

Hours are subject to change. Please watch for announcements on changes in hours in your email as well as on the TV displays around campus. During college holidays and breaks our offices will be closed.

Monday-Tuesday: 3-5 PM, **Wednesday-Thursday**: 8-9:30 AM, **Friday**: closed

Call: 319-286-4439 Email: healthservices@mtmercy.edu Office: UC 240F

Medical Services can be obtained via appointment (view MercyCare Health at Mount Mercy for scheduling information) or walk in. Students must have a MyChart account to schedule a visit or use the telehealth option.

For Emergency Care after hours or during the weekend contact:

- Ambulance: 911 (if calling from campus phone, dial 9+911)
- Public Safety: 319-363-1323, Ext. 1234 (always contact public safety in the event of an emergency)
- Mercy Medical Center Emergency Room, 701 10th St SE, Cedar Rapids, 319-398-6041
- Unity Point Health – St Luke's Emergency Room, 1026 A Ave NE, Cedar Rapids, 319-369-7105
- UnityPoint Health – St. Luke's Emergency Room, 3301 Armar Dr, Marion, 319-451-2700
- Mercy Emergency Department, 1195 Boyson Rd., Hiawatha, 319-832-3950
- *Please see the end of this document for more local and national health care resources*

Health Services Provided

- Health promotion
- Assessment, evaluation, diagnosis, and treatments of minor illness/injury
- Diagnosis of medical conditions
- Diagnostic tests (strep, mono, influenza, Covid, urinalysis, blood sugar screenings, pregnancy tests, STI, etc.)
- Initial evaluation for mental health conditions and referrals
- Physical exams (pre-employment, athletic requirements, pre-nursing requirements)
- Reference materials on a variety of health-related topics
- Medical referrals as necessary
- Medical screening exam (free of charge)

Prescriptions and Over-the-Counter Medications

A limited selection of OTC medications and supplies such as sore throat lozenges, antihistamines, cold medications, acetaminophen, ibuprofen, antacids, ace bandages, ice packs, and menstrual products are available for free.

Prescriptions will be sent to the student's pharmacy of choice and will be billed to their insurance. The student is responsible for the medical co-pay.

Medical History Forms and Confidentiality

All health records are maintained as strictly confidential and securely filed. Information is released only when a student's permission is given by written consent.

Immunizations and medical history forms for each student should be submitted during the application process and must be on file by the first day of school.

Lab Work or Imaging Studies

Labs and/or imaging studies will be obtained at a local lab, urgent care, or hospital. The cost for these will be the responsibility of the student and will be billed to their insurance.

First Aid kits and AEDs are maintained in all residence halls and other various locations throughout campus. Please ask your RA for assistance or call Public Safety at ext. 1234 or 319-360-4839.

Graduate Programs

For admission questions or more information, please contact the Graduate Admissions Recruiter, Jorie Dillman at jdillman@mtmercy.edu.

Mission and Ministry

Faith & Service

Rooted in our Catholic identity and Mercy tradition, we strive to empower the Mount Mercy community to live and share the Gospel through faith and service.

Mount Mercy's **Campus Ministry** is located in the Chapel of Mercy area of Busse Center. Campus Ministry serves as a welcoming space to gather with other students to study/play games/watch a movie. It also offers a quiet environment where you can collect your thoughts, pray, or be comforted by its silence. If you need to talk to someone or share a life event, the staff is available to be a listening presence for you. **Fr. Polycarp Hagan** is the *University Chaplain*, **Kate Tyler** is the *Interim Director of Campus Ministry*, and **Elyse Keeffer** is our *Coordinator of Service and Justice*.

Campus Ministry

Campus Ministry encourages and supports students of all faith background on their spiritual journeys. ALL are welcome to come exactly as you are. Campus Ministry programming seeks to promote holistic personal development through faith, reflection, leadership, and service opportunities. Campus Ministry is located in Busse Center and includes the Chapel of Mercy, the Campus Ministry Lounge, and the offices of Mission & Ministry staff. The Campus Ministry Lounge is also a great place to do homework, socialize with others, enjoy a cup of tea, and play games!

"Therefore welcome one another as Christ as welcomed you, for the glory of God." Romans 15:7

What Campus Ministry Offers

- Mass and Confession
- Off-campus retreats
- Weekly student-led Bible studies
- Interfaith opportunities
- Domestic and international service trips
- Prayer and Eucharistic Adoration
- Local volunteer service projects
- Social events
- Music Ministry
- Liturgical Ministry
- Advent & Lent Faith Sharing
- Spiritual Direction
- Peer Minister support and leadership opportunities

"We must stive to do ordinary things extraordinarily well." Catherine McAuley

Service & Justice

Engaging in service and justice are key elements of the Mercy Education experience, and there are countless ways to get involved in collaborative pursuit of the Common Good for our community. Through volunteering with local Cedar Rapids organizations, participating in on-campus service opportunities,

learning about the Sisters of Mercy Critical Concerns and principles of Catholic Social Teaching, engaging in social justice education and advocacy, practicing holistic self-reflection, and partaking in domestic and international service trips, students promote positive change while fostering personal growth and helping those in need.

"The common good is always oriented towards the progress of persons: 'The order of things must be subordinate to the order of persons, and not the other way around.' This order is founded on truth, buld up in justice, and animated by love." (CCC 1912)

Music at Mount Mercy

The hill is the place to nurture and expand your musical horizons. Our distinguished faculty practice what they teach and are well connected in the community, bringing real-world experience and lessons to the classroom. Pursue your interests and grow your talent with a variety of opportunities to perform.

Play your part! Raise your voice!

- University Choir: Tues & Thurs, 3:30-4:50 PM, Stello Performance & Warde Hall, Dr. Gerald Dreitzer, gkreitzer@mtmercy.edu
- Jazz Connection: Tues & Thurs, 2:30-3:20 PM, Stello Performance & Warde Hall, Dr. Gerald Kreitzer
- Show Choir: Mon 3:30-4:50 PM, Tues 7-8:30 PM, Lundy 107, Shawndell Young
- Voice Lessons: Times as arranged, Lundy, Stephanie Michalicek, smichalicek@mtmercy.edu
- University Band: Mon 7-8:30 PM, Wed 3:30-4:50 PM, McAuley Auditorium, Jack Frank, jfrank@mtmercy.edu
- Jazz Band: Mond 4:30-5:30 PM, McAuley Auditorium, Blake Shaw, bshaw@mtmercy.edu
- Piano Lessons, Times as arranged, Lundy, Melinda Westphalen, mwestphalen@mtmercy.edu
- University Strings, Wed 5:30-6:30 PM, Stello Performance & Warde Hall, Joshua Reznicow, jreznicow@mtmercy.edu
- Other Lessons Offered: Strings, Woodwinds, Brass & Percussion, Times as arranged, Jack Frank

myMountMercy

On the Mount Mercy campus, myMountMercy is the self-service portal where students go to register for classes, check for midterm and final grades submitted, and view their academic plan (progress towards graduation).

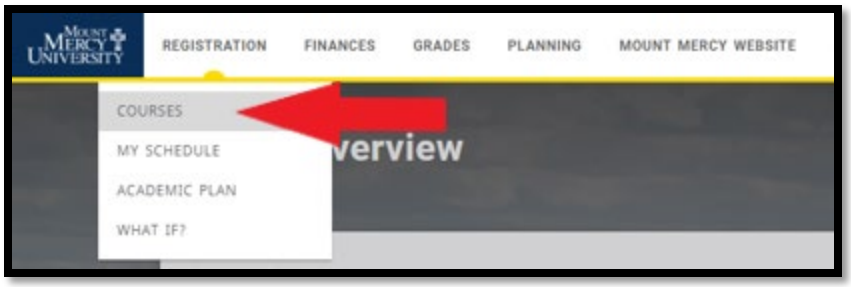
To reset your password email help@mtmercy.edu or call ext. 4357

Scheduling Changes

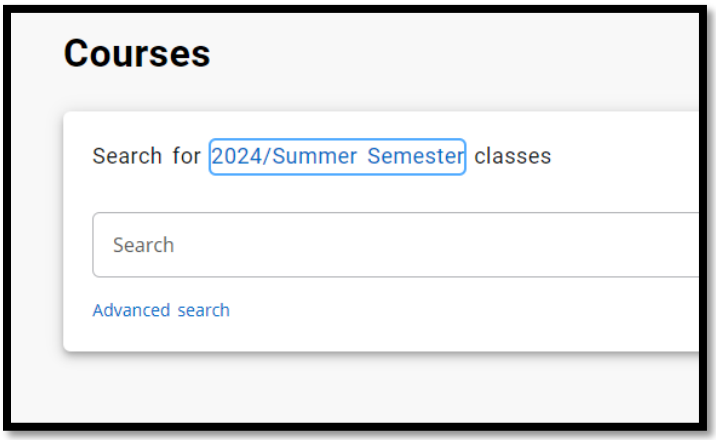
Before a course begins, students should use myMountMercy to add or drop courses from their schedule. Once a course begins, students should use the following forms from the registrar's office: add a course (current term), add a course (future term), drop a course.

To add a course using myMountMercy

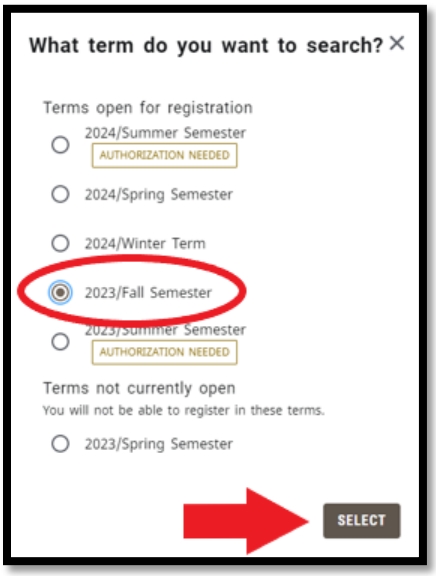
1. Go to and login to myMountMercy
2. Hover over the "Registration" tab and click on "Courses"



3. Click on the correct term (e.g. “2024/Summer Semester”)



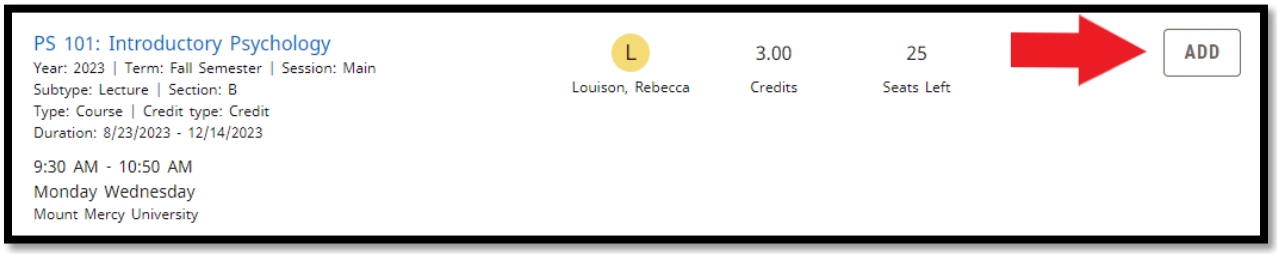
1. Change it to the term you want to register for and click “select”



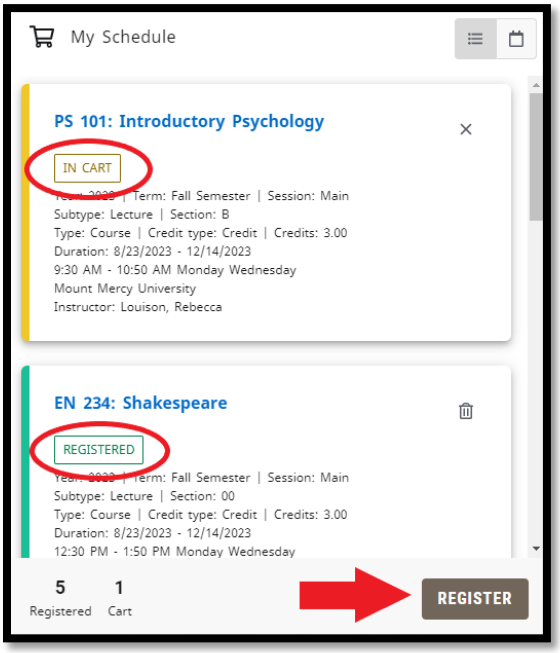
2. Enter the course you’re looking for into the search bar. Note: the course code must be typed with a space between the letters and numbers, e.g. PS 101).



3. This will bring up all offerings for the term you selected. Find the selection of the course you want to register for and click “add”

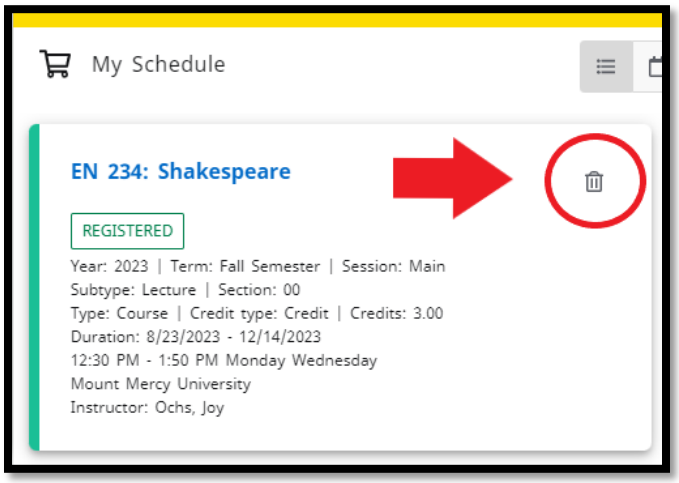


4. This will add the course to your cart. Click “Register” to register for the course. This will send a notification to your advisor for their approval. Once your advisor approves your course addition, it will show as “registered”



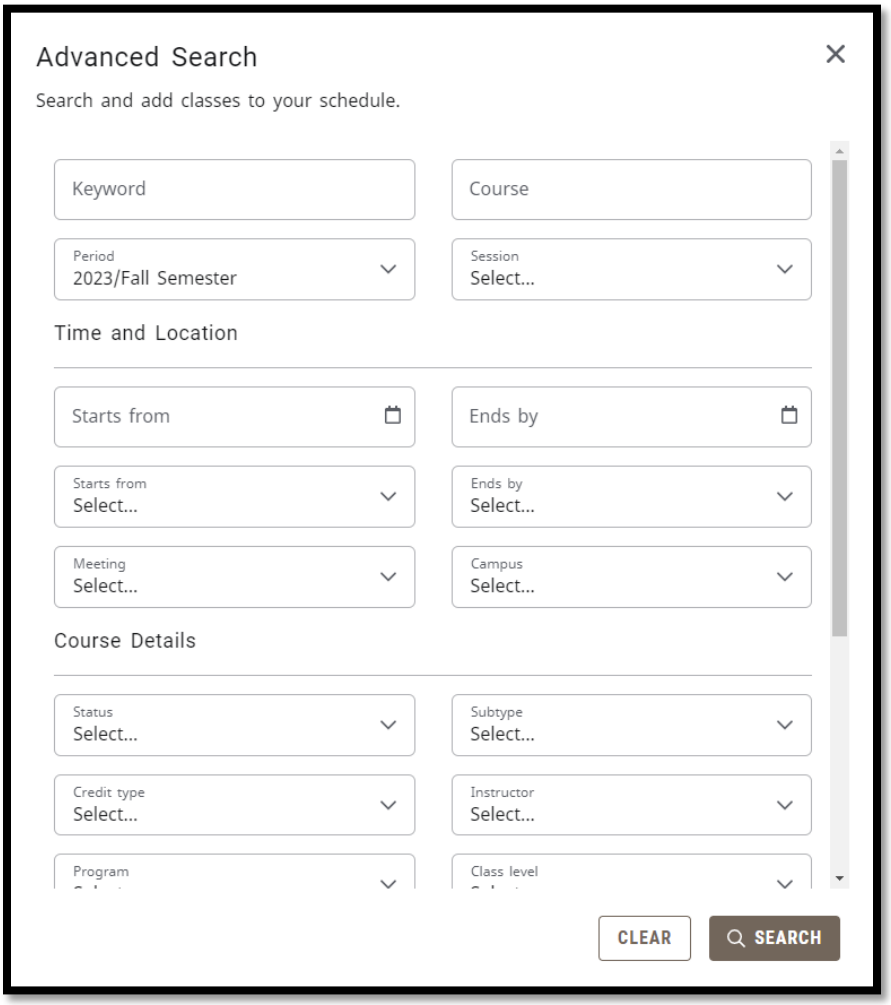
To drop a course using myMountMercy

1. Follow steps 1-3 (from above)
4. Once you see your cart, find the course you want to drop
5. Click on the trash can icon to drop the course



Advanced search

You can also use myMountMercy's "Advanced Search" option to search for courses that meet at a certain day/time, meet specific core curriculum (e.g. Holisitic Health, Math, etc), or a specific instructor.



Public Safety

For emergency call 911

Dial 1234 from any university phone, 319-360-4839

At Mount Mercy, we strive for a high level of safety services to the college community. Mount Mercy's Department of Public Safety is located in the Sister's of Mercy University Center. In addition to full-time safety officers, the department utilizes work-study students to assist in parking enforcement and during special events on campus. The protection of students, employees, guests, and Mount Mercy property is the top priority of the Public Safety Department.

Mount Mercy's campus is under the jurisdiction of the Cedar Rapids Police Department, Linn County Sheriff's Office, and the Iowa Department of Public Safety.

Mount Mercy operates on an administrator-on-duty call system to ensure that administrative support and decision-making capacity is always available.

Public Safety officers are trained in:

- CPR
- First Aid
- AED
- Evacuation Procedures
- Interpersonal skills
- Emergency response

Public Safety provides the following services:

- On-campus escort program
- Securing and unlocking buildings and rooms
- Vehicle unlocks
- Lost and found
- Assistance with parking issues
- Violent Incident Preparation (VIP)
- Student Education (fire safety, alcohol, and other drug programs)

Parking and Parking Permits

Mount Mercy property is the Department of Public Safety's priority.

All parking on Mount Mercy's campus is free to currently enrolled students, faculty, and staff. Parking passes are to be placed in the front window and hanging on the rear-view mirror. All parking passes have to be updated with the Parking Permit form each year. To appeal a parking citation, fill out this form.

Parking passes are picked up and processed at the information desk on the first floor of the Sisters of Mercy University Center.

All students, faculty and staff must register for a new parking permit each year!

RAVE Alerts

Remember to take all RAVE alerts seriously.

Campus-wide RAVE safety alerts are for:

- Shelter in place warnings
- Timely warnings
- Lockdowns
- Campus Closings – weather related

To sign up for RAVE Alerts (students, parents, faculty, and staff) email the **Director of Public Safety,** Scott Becker at sbecker@mtmercy.edu

Registrar's Office

The Registrar's Office holds student records. Our staff oversees registration, grades and transcripts, enrollment verification, transfer credit evaluation, and graduation. They also handle Veteran and athletic certification.

Email: registrar@mtmercy.edu or call ext. Office: 211 Warde Hall

Service offered:

- FERPA guidance
- Add/drop forms
    - Add a course (current term), add a course (future term), drop a course.
- Transcript requests
- Enrollment verification
- Grade reports (myMountMercy)
- Apply for graduation
- Teacher Education Licensure
- Transfer of Credit
- Veteran education benefits

Residence Life

Mount Mercy is a home away from home for most of our students. Our residence halls include Regina, McAuley, and Andreas Halls as well as lower campus apartments. Demetrius Brown is the **Director of Residence Life** and can be reached at reslife@mtmercy.edu or ext. 1713. Sho Takoaka is a **Residence Hall Coordinators**. If you are on campus (resident or otherwise) and need assistance, please call the RA on Duty for upper campus (Regina and McAuley) at 319-533-3626 or 319-533-3643 or lower campus (Andreas and Lower Campus Apartments) 319-389-8958 or 319-533-3688. To access our housing software visit ERezLife.

Please refer to the Move-in Guide for answers to common questions about res life. The guide contains information about residence halls, amenities, activities, and staff members.

Campus Housing Options:

- Regina Hall
- McAuley Hall
- Andreas House
- Lower Campus Apartments (LCA)

Roommate and New Student Housing Decisions

Resident Assistants (RAs)

Resident Assistants (RAs) live on each residence hall floor. They are students selected on the basis of leadership experience, scholarship, and desire to assist others. RAs work with residents to make residential life an enriching and educational experience. They are specifically trained and knowledgeable

in many areas including: emergency response, effective listening, community building, mentoring, programming, policy and procedures.

Student Engagement

Student Engagement helps keep students in the know about events and opportunities on campus through different communication platforms. The MMU app is a tool that students can access and use at any point as a student. The app can be downloaded to your phone via the Apple or Google Play store. Student Engagement also sends out a weekly email, "Happenin' on the Hill" as well as updates the weekly Toilet Talks that can be found around campus. Keep an eye on the TVs around campus as they will have the most up-to-date information about campus events.

Student Government Association (SGA)

The Student Government Association (SGA) represents first and foremost to represent the student body of Mount Mercy. The organization gives support to all registered student organizations, clubs, and committees. The SGA also promotes activities that will ensure growth and provide leadership opportunities to all.

The SGA believes in leading through service and works to develop leadership in its members as well as the entire student body.

As the official body of clubs, organizations, and student representation on the Mount Mercy campus, SGAs purpose is to:

- Serve as the official voice of all students in matters pertaining to the Mount Mercy community
- Serve as a liaison between students, faculty, and staff on issues that affect students on campus(es) at local, state, and national levels
- Promote student growth and awareness through direct supervision of all appointed or elected representatives by the SGA Executive Council

Registered Student Organizations (RSOs)

There are plenty of ways to get involved on Mount Mercy's campus. There are over 25 registered student organizations (RSOs) that plan fun and engaging evening and weekend activities as well as work to keep campus traditions alive. Registered student organizations can range anywhere from being based on your favorite hobby through pre-professional clubs. If there is not an RSO that interests you, it is easy to start your own! Email studentengagement@mtmercy.edu or sga@mtmercy.edu to learn how easy the process is.

The golden rule is that you should start by joining two RSOs, something related to your major and something for fun.

Student Activities Board (SAB)

The Student Activities Board (SAB) exists to provide students with opportunities to participate in free and engaging activities on and off campus. Their commitment to planning a wide array of events brings campus to life and provides opportunities to meet new Mustangs.

Populare SAB activities:

- BINGO nights
- Build-a-Critter
- Vegas Night
- Homegrown craft events
- Magicians
- Comedians

Campus Traditions & Events

Mustang Welcome

Mustang Welcome is a student-lead orientation all new Mustangs (first year and transfer, commuter or residential) who want to get to know campus better, learn about student resources, meet peers and upper-class-people. Mustang Welcome Leaders are here to get you ready to hit the ground running on the first day of class. You will learn how to use our technology, find your classes and learn about all of the valuable resources available to you as a student. Each new student is assigned to a Mustang Welcome group that has 1-2 leaders who will guide you through four days of fun and learning to help get you ready to succeed in college.

Welcome Week(s)

Welcome Week provides a variety of fun activities on campus to help ease you back into school. We provide 1-2 weeks of programming every day to celebrate the beginning of a new semester.

Homecoming

Homecoming week is hosted by the SAB and has a wide variety of campus traditions that our Mustangs love. Be on the lookout for a week full of programming that ends with our Late-Night Breakfast and Pep Rally the night before the big game.

Stress Busters Week

We understand that college can be both fun and stressful. To help decrease some stress, we are committed to bring stress busting events to campus each semester right before finals. Previous stress buster activities that have been popular: lucky bamboo plants, oxygen bar, massage chairs, and self-care packages.

Events Services

Follow @mmu.student.services on Instagram.

- Director of Student Engagement: Jacob Eck, ext. 1617, jeck@mtmercy.edu

- Student Engagement & Events Services Coordinator: Isabel Coss, ext. 1274, icoss@mtmercy.edu

Student Services Division

Dean of Students Office

The Dean of Students oversees the Division of Student Services on the Mount Mercy campus. The Dean is the chief conduct officer, head of the CARE (Campus Assessment Resource and Education) team, deputy Title Coordinator, and is heavily involved in campus-wide retention efforts.

Student Services Departments mentioned elsewhere in this document: Residence Life, Student Engagement, Events Services, Student Success Programs, Counseling Services, and Health Services.

Student Success Programs

Project Connect

Project Connect is a free program that equips students with the knowledge, skills, and resources needed to achieve success at Mount Mercy. This program provides academic preparation, personal growth, community engagement, and leadership development during a three-week, on-campus experience.

Jennifer McNabb is the **Director of Student Success Programs** and can be reached at jmcnabb@mtmercy.edu, or ext. 1396

Project Connect Eligibility

- Be a new first-year student
- Live on campus for the academic year
- Identify as at least one of the following
    - First-generation college student (i.e. neither parent/guardian has completed a four-year college degree)
    - Pell Grant eligible according to your filed FAFSA

Benefits of Participation:

- Move to campus three weeks prior to the rest of the new students
- Earn credits toward graduation by successfully completing a 3.0 college course
- Free textbooks for first year of classes (after meeting program milestones)
- A strong support network during your transition between high school and college
- Personal growth and leadership development
- Guaranteed inclusion in the College Success Program during the fall and spring semesters; which include
    - Intensive and individualized mentoring, and panel discussions to assist in overcoming obstacles, and connecting campus resources
    - Monthly workshops, presentations, and panel discussions to assist in overcoming obstacles and connecting with campus resources
    - Ongoing access to the Project Connect textbook lending library

What are the costs associated with Project Connect?

Project Connect is a free program for all those who are eligible. Participants will also receive their first-year textbooks for free so you will actually save money.

Deadline

While there is no hard deadline, we encourage students to apply for the program before July 1. Registration is on a first-come first-served basis because space is limited.

Am I able to keep working a part-time job during the three-week summer program?

Unfortunately, because there are so many experiences that we'll be sharing with you AND because you'll be taking a 3.0 credit course; working during the summer program is not realistic. Every day of the program (including weekends) is filled with scheduled activities.

Title IX – Reporting sexual violence

If you or someone you know has been the victim of sexual assault, dating or domestic violence, stalking, sexual harassment, or retaliated against, you can report the incident to the *Mount Mercy Campus Title IX Deputy Coordinator*, **Danielle Rudd** (the person responsible for safeguarding gender equity on campus), the **MMU Department of Public Safety**, or other responsible individuals (see list below).

- **Title IX Coordinator SAU/MMU,**
- **Mount Mercy Campus Deputy Coordinator, Danielle Rudd**

- **Confidential Resources**
    - **Fr. Polycarp Hagan**
    - **Mount Mercy Health Services**
    - **Riverview Center** in Cedar Rapids has a **24-hour sexual assault hotline**: (888) 557-0310
- **MMU Department of Public Safety: ext. 1234**

- **Cedar Rapids Police Department**: 911 (emergency); **(319) 286-5491** (non-emergency)

Local and National Physical and Mental Health Resources

MMU Health Services

Health Services at MMU is a comprehensive outpatient clinic which can meet the most basic health needs of students. Located in Student Services (**UC 240F**), Health Services is staffed by a licensed *Physician Assistant* **Kara Goslin PA-C** who offers general acute health care services. Services include, but are not limited to first aid and care of minor physical injuries, illness assessment, dental concerns, over the counter medications, free covid testing, free STI screening, free pregnancy tests, and other

referral services. The Health Services Clinic is open daily from 11 a.m. to 1 p.m. Visit the website for more information or email healthservices@mtmercy.edu

Outside of regular Health Services hours, MercyCare Health offers telehealth video visits any time or day.

Community Health Free Clinic
The Community Health Free Clinic offers free, non-emergency medical care including fee or low-cost prescriptions. 947 14th Ave SE. (319) 363-0416

His Hands Free Clinic is free for students who do not have medical insurance or are unable to pay. 1245 2nd Ave SE. (319) 862-2636

For after hours or emergency health care, contact:

- Ambulance: 911 (if calling from campus phone, dial 9+911)
- Public Safety: 319-363-1323, **ext. 1234**
- Mercy Medical Center: 319-398-6041
- Unity Point Health: 319-369-7105
- Ask-A-Nurse: 1-800-593-1414

MMU Counseling Services
Please hold as we continue our ongoing search for the new director. In the meantime, please reach out to **Danielle Rudd** for help with finding and coordinating other avenues of care.

Olson Marriage and Family Therapy Clinic offers marriage and family therapy graduate students the opportunity to provide direct mental health services to individuals, couples, and families in the greater Cedar Rapids metropolitan area. *The Olson Marriage and Family Therapy Clinic does not have the capacity for us to direct students to their clinic as process. We have the ability to direct insured students who appear to have the highest need to the Olson MFT Clinic. We will work with high-need students who do not have health insurance on a case-by-case basis*.

Emergency Rooms

- Mercy Medical Center Emergency Room, 701 10th St SE, Cedar Rapids, 319-398-6041
- Unity Point Health – St Luke's Emergency Room, 1026 A Ave NE, Cedar Rapids, 319-369-7105
- UnityPoint Health – St. Luke's Emergency Room, 3301 Armar Dr, Marion, 319-451-2700
- Mercy Emergency Department, 1195 Boyson Rd., Hiawatha, 319-832-3950

Urgent Care Clinics

- MercyCare North Urgent Care, 5264 Council St. NE, Cedar Rapids, 319-221-8444
- UnityPoint Clinic – Express (Lindale), 153 Collins Rd. NE, Cedar Rapids, 319-826-2972
- University of Iowa Urgent Care, 411 10th St. SE, Cedar Rapids, 319-731-1430
- UnityPoint Clinic Urgent Care – Westside, 2375 Edgewood Rd. SW, Cedar Rapids, 319-396-1983
- Physician's Clinic Walk-In Clinic, 275 10th St. SE, St. 1120, Cedar Rapids, 319-247-3333
- UnityPoint Clinic Urgent Care – Marion, 2992 7th Ave., Marion, 319-730-8300
- UnityPoint Clinic Express (Peck's Landing), 1940 Blairs Ferry Rd., St. 104, Hiawatha, 319-393-0178
- MercyCare Marion Urgent Care, 3701 Katz Dr., Marion, 319-373-3022
- MercyCare South Urgent Care, 2815 Edgewood Rd. SW, Cedar Rapids, 319-396-9097

Suicide Prevention, Crisis Counseling, Mental Health Support

Foundation 2 Crisis Services is dedicated to providing compassionate, confidential and accessible support for individuals and families facing life's challenges across Iowa. Whether it's navigating stress, anxiety, thoughts of suicide or other crises, trained counselors are here to help 24/7 at no cost. Call (319) 362-2174 or call/text/chat with 988. (319) 362-1170 (business office).

988 Lifeline Website, Call or text 988, Chat and Deaf/Hard of Hearing help available through website.

Linn County Mental Health Access Center provides crisis care for adults experiencing a mental health or substance use disorder crisis that requires immediate attention. They will quickly assess your situation, provide services and support to help ease your crisis, and connect you to community-based services. Open 24/7, no appointment needed. (319) 892-5612, email, 501 13th St. NW, Cedar Rapids

The Green Bandana Project (national chapter) does not provide emergency services or crisis intervention, but it does have a list of hotlines.

Suicide Awareness Voices of Education is a national nonprofit working to prevent tragedy of suicide through education, advocacy, lethal means safety efforts, and support for suicide loss survivors.

National Center for PTSD is the world's leading research and educational center of excellence on PTSD. Email. (802) 296-6300. This website contains information on understanding PTSD, treatment options, ways to get help, and information for family and friends.

The National Domestic Violence Website, 1-800-799-SAFE (7233)
That National Domestic Violence website serves as resource for all who are impacted by relationship abuse, 24/7 and confidentially. You can speak or chat with a live advocate or have access to a directory of local providers.

Internet Mental Health is a website that has a library of mental health resources and can help put you in touch with therapists or types of treatment.

Substance Abuse, Addiction Treatment

Substance Abuse and Mental Health Services Administration (SAMHSA) is an agency within the Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA provides leadership, supports programs and services, and devotes resources to helping the U.S. act on the knowledge that behavioral health is essential to health, prevention works, treatment is effective, and people recover. (800) 662- HELP (4357)

Area Substance Abuse Council (ASAC) is Eastern Iowa's leading provider of substance use prevention, treatment, and recovery services. ASAC offers outpatient and residential treatment programs for substance use and gambling disorders. (319) 390-4611

The Heart of Iowa Program - ASAC is designed specifically to address the needs of women and children impacted by substance use disorders. The program allows moms and children to remain together so that moms can care for their children while they receive residential treatment. Email. (319) 774-3813.

St. Luke's Chemical Dependency Services offers a variety of treatment options for individuals suffering from chemical dependency and its effects. (319) 363-4429. 810 1st Ave NE, Cedar Rapids.

Fellowship Club Cedar Rapids is an non-profit organization whose sole purpose is to provide a safe environment for AA, Al-Anon, and Alateen recovery meetings. Parking is available and there is a Recovery Book Store on site. Email. (319) 364-0314

Mercy Medical's Sedlacek Treatment Center serves adolescents and adults within the community with alcohol and/or drug disorders. (319) 398-6226

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It is free and there are no age restrictions. Membership is open to all. This website is for anyone looking for help with a drinking problem or who is trying to help a family member or friend with a drinking problem. There are additional resources available on this website.

The Center for Internet Addiction was founded by Dr. Kimberly Young in 1995 in an effort to help people better manage technology use in their daily life.