Metropolitan Community College affirms a policy of equal education, employment opportunities and nondiscrimination in providing services to the public. To read our full policy statement, visit mccneb.edu/nondiscrimination.

MCC Advocacy and Disability Support counselors are available to assist students who are experiencing life challenges that impact their academic success. For in-person assistance, see an advocacy counselor at any Student Services office. For more information, visit mccneb.edu/studentadvocacy.

MCC e-Pantry provides MCC students with food at no cost. For more information, visit the Student Services page on MyWay or any Student Services office.

MCC Pass to Class bus passes are available for FREE to students. For more information, visit mccneb.edu/passtoclass.

Are you in immediate need?

To reach MCC police, call 531-622-2222.

If this is an emergency, call 911.

For emergency mental health care, call 911, go to your nearest emergency department or call a hotline listed below:

- **Boys Town:** 1-800-448-3000
- **CHI Lasting Hope:** 402-717-HOPE
- **National Suicide Hotline:** 1-800-273-TALK
- **Crisis Text Line:** 741741

We understand that students cannot achieve their educational goals if they are struggling to meet their basic needs. If you are experiencing homelessness, food insecurity or financial challenges, we have identified resources to support you. mccneb.edu/gethelp
A recent national survey focusing on the well-being of community college students found that:

**Two-thirds** of community college students don’t have consistent access to adequate food.

**One half** of community college students face issues with unstable housing situations.

Between **12-14** percent of community college students are homeless.

*Study conducted by Wisconsin HOPE LAB*

**Food and housing**

*Food Bank for the Heartland*
Find food pantries and other local food resources by calling 402-331-1213 or visit foodbankheartland.org/get-food.

*Nebraska SNAP Outreach:*
1-855-444-5556 | dhhs.ne.gov/snap
Get help by enrolling in Supplemental Nutrition Assistance Program benefits.

*Iowa Food Assistance Outreach:*
1-855-944-3663
iowafba.org/food-assistance-snap-outreach

*Douglas County Housing Authority*
402-444-6203 | douglascountyhousing.com

*Family Housing Advisory Services, Inc.*
402-934-7921 | fhasinc.org

*Open Door Mission*
402-422-1111 | opendoormission.org

*Heartland Family Service*
402-934-8810 | heartlandfamilyservice.org

*Salvation Army Housing Programs*
402-898-7700 | salarmyomaha.org

*Stephen Center*
402-731-0238 | stephencenter.org

**Find help**

Call 211 or visit ne211.org

*Charles Drew Health Center:*
402-451-3553 | charlesdrew.com
• Behavioral health services
• Medical care
• Dental services
• Pharmacy

*Legal Aid of Nebraska:*
1-877-250-2016 | legalaidofnebraska.org
Legal Aid of Nebraska promotes justice, dignity, hope and self-sufficiency through quality civil legal aid for those who have nowhere else to turn.

*VITA Program:*
1-800-906-9887 | benefits.gov/benefits/1543
Free tax help for low-to-moderate income families and individuals.

**Mental health and college students**

College students can easily feel anxious trying to balance school, work, friends and family while also trying to figure out the rest of their lives. Anxiety disorders are one of the most common mental health problems on college campuses.

**40 Million** U.S. adults suffer from an anxiety disorder and 75 percent of them experience their first episode of anxiety by the age of 22.

**30%** of college students reported that stress had negatively affected their academic performance.

**85%** of college students reported they had felt overwhelmed by everything they had to do at some point within the past year.

**41.6%** stated anxiety as the top presenting concern among college students.

**24.5%** of college students reported they were taking psychotropic medication.

Research shows nearly **1 in 5** university students is affected with anxiety or depression.

The Conversation via the American College Health Association

In spring 2017, nearly **40 percent** of college students said they had felt so depressed in the prior year that it was difficult for them to function.

Time via American College Health Association