

On-campus resources



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.



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.

Domestic violence and LGBTQIA+ resources

Women's Center for Advancement
24/7 Crisis Hotline:
402-345-7273 | wcaomaha.org

National Sexual Assault Hotline:
1-800-656-4673 | rainn.org

National Domestic Violence Hotline:
1-800-799-7233 | thehotline.org

Linea de Crisis en Nebraska
(en español): 1-877-215-0167



Metropolitan Community College believes that diversity, in many forms and expressions, is essential to its educational mission and to its success as an institution.

Lesbian, Gay, Bisexual, Transgender (LGBTQIA+) Hotline:
1-888-843-4564
lgbtnationalhelpcenter.org

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.

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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



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mccneb.edu | 531-MCC-2400



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STUDENT RESOURCE GUIDE

Here to help when you need it.

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

Did you know?

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, INC.
"Growing a Healthy Community"

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 somepoint 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