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Big Red Resilience and Well-being  
University of Nebraska-Lincoln  
August 2019

## Resources for Alcohol and Other Drugs

### Mental Health Crisis

If you or someone you know at UNL is experiencing a life-threatening emergency, call 911.

If you need after-hours immediate support from a counselor for mental health reasons, please contact Counseling and Psychological Services (CAPS) at 402-472-7450, press 4. Help is available 24/7.

### Online Assessments and Screenings

- [ScreenU](#) for Alcohol, Marijuana, and Rx is a confidential, web-based screening for college students that provides brief intervention and referral to resources.
- [Counseling and Psychological Services](#) (CAPS) offers [online assessment](#) for a variety of mental health issues

### UNL In-Person Screening, Coaching, Counseling, and Treatment Options

- [Well-Being Coaching](#) is provided by trained student volunteers to help others thrive and create the life they want to live, now and in the future. Coaches promote the nine-dimension model of well-being that provides a framework for exploration and balance.  
Big Red Resilience and Well-Being  
Room 127, University Health Center  
550 N. 19th Street  
(402) 472-8770
- [BASICS \(Brief Alcohol Screening and Intervention for College Students\)](#) is for college students that seeks to motivate change in quantity and frequency of drinking, to decrease the negative consequences of alcohol.  
Counseling and Psychological Services (CAPS)  
Room 223, University Health Center  
550 N. 19th Street  
402-472-7450
- [CASICS \(Cannabis Screening and Intervention for College Students\)](#) uses the same approach and philosophy as BASICS but is designed to address marijuana use concerns.  
Counseling and Psychological Services (CAPS)  
Room 223, University Health Center  
550 N. 19th Street  
402-472-7450

- **[Substance Use Evaluation](#)** uses a thorough interview and testing of college students' drinking and drug use for the purpose of making formal recommendations about the possible need for treatment.  
Counseling and Psychological Services (CAPS)  
Room 223, University Health Center  
550 N. 19th Street  
402-472-7450
- **[Alcohol/Drug Harm Reduction Group](#)** provides a place where students can speak honestly about their current alcohol/drug use and get feedback without feeling judged or pressure to change. It is not Alcoholics Anonymous or treatment. Abstinence is not required to attend the group.  
Counseling and Psychological Services (CAPS)  
Room 223, University Health Center  
550 N. 19th Street  
402-472-7450
- **[Alcohol and Drug Psychoeducation Workshop](#)** helps students obtain knowledge about alcohol and drug use and avoid negative consequences involving substance use.  
Counseling and Psychological Services (CAPS)  
Room 223, University Health Center  
550 N. 19th Street  
402-472-7450
- **[Substance Abuse Clinic](#)** treats students with primary substance use problems and coordinates the Alcohol Skills Training Program to help individuals examine problematic alcohol use following violation of campus alcohol policy.  
Psychological Consultation Center (part of the UNL Clinical Psychology Training Program)  
325 Burnett Hall  
(402) 472-2351

#### **Local Detoxification and/or Addiction Treatment Options**

- **[The Bridge Behavioral Health](#)**: medically-supervised detoxification, outpatient and residential treatment, and a variety of recovery support services.  
721 K Street  
402-477-3951
- **[Bryan Independence Center](#)**: medically-supervised detoxification, inpatient, residential, and partial care services.
- **Facility Finder**: For treatment providers in Lincoln and elsewhere, use the Substance Abuse and Mental Health Services Administration (SAMHSA) [facility finder tool](#)

#### **Recovery**

- [Lincoln Area Alcoholics Anonymous \(AA\)](#)
- [Southeast Nebraska Area of Narcotics Anonymous \(Lincoln\)](#)

### **Tobacco Cessation Resources**

- [Counseling and Psychological Services \(CAPS\)](#) offers tobacco cessation counseling. Call (402) 472-7450 for an appointment.
- The [Medical Clinic](#) in the University Health Center offers healthcare providers who will counsel patients on quitting options and can prescribe commonly used cessation products. Call (402) 472-5000 for an appointment.
- The [University Health Center Pharmacy](#) in the University Health Center can fill medical prescriptions, including those for cessation products.
- [Tobacco Free Nebraska](#) Offers 24/7 access to free telephone cessation coaching and a variety of other self-help materials. Call [1-800-QUIT-NOW \(1-800-784-8669\)](#).
- The UNMC College of Dentistry on East Campus offers fee-based [individual counseling sessions for tobacco cessation](#). The series of three sessions and any cessation-related prescriptions may be covered by health insurance (verify coverage with your insurance company). This service is available at both the Student Dental Clinic (402) 472-1333, and the faculty practice at University Dental Associates (402) 472-8900.

### **Legal Services**

[UNL Student Legal Services](#) offers free legal advice or representation to registered UNL students. SLS is a program of ASUN, funded completely by student fees.

Room 335, Student Union  
1400 R Street  
402-472-3350

### **Step UP! Bystander Intervention Training**

Step UP! is a comprehensive bystander intervention program that teaches students to be proactive in helping others. The goals of Step UP! are to: raise awareness of helping behaviors, increase motivation to help, develop skills and confidence when responding to problems or concerns, and ensure the safety and well-being of self and others.

### **475-RIDE**

475-RIDE is a service funded by student fees that provides students with a free, safe ride home in the event that they've exhausted all other options. The service is available from 9:00pm to 4:00am, but not during University vacations or closings.