Rotary Club of Milwaukee Scholarship Program Additional Support and Resources for Mentors

Listed alphabetically by topic

Academic Support

- Specific college's academic support or tutoring
- What You Should Know as a First-Generation College Student
- <u>5 Strategies for Academic Success</u>

Alcohol and Substance Abuse Resources

- <u>Southeastern Wisconsin Al-Anon</u> for families and friends of alcoholics. 414-257-2415
- Impact 211 A free online directory and hotline for resources. Dial 211 to access the hotline.

Financial Aid

- Federal Student Aid
- Financial Aid FAQs

Financial Assistance and Resources

- Impact 211 A free online directory and hotline for resources. Dial 211 to access the hotline.
- Milwaukee County Help Paying Bills
- Milwaukee Rental Assistance
- Milwaukee Foreclosure Mediation Program (414)288-4040
- Free Tax Preparation

Financial Literacy

- Money 101 Student Workbook
- <u>Credit 101</u>
- Improving Credit Score

Internships:

- <u>College Internships</u>
- internships.com
- indeed.com
- <u>internshipprograms.com</u>
- College's job posting board or Career Planning office

Job Search (Resume Writing, Interviewing and Accepting the Job)

- Landing a Job
- <u>College Resume Tips</u>
- Never Tell an Employer You Can't Accept Job Offer Until You Hear Back About Another

Medical School Application

Medical School Application Timeline



Mental Health Resources, Crisis Lines and Counseling

- College campus's mental health resources (See below for a list of links)
- <u>ULifeline</u>: online resources for college mental health, including informational articles about selfcare, how to help others, and signs to watch for
- <u>SaintA</u> therapists available by video, SaintA will work with you if you don't have insurance.
- <u>Steve Fund Knowledge Center</u> The Steve Fund Knowledge Center is a resource for expert information about the mental health and emotional well-being of students of color.
- National Suicide Prevention Hotline 1-800-273-TALK
- Milwaukee's Local Crisis Line 414-257-7222
- Impact 211 A free online directory and hotline for resources. Dial 211 to access the hotline.
- NAMI National Alliance on Mental Illness, Milwaukee 414-344-0447
- <u>COPE Hotline</u> 262-377-2673
- <u>Mental Health Resources for College Students</u>
- Mentalhealth.gov

Mental Health Resources on College Campuses

- <u>Carroll University Counseling Services</u>
- Fordham University Counseling Services
- <u>UW Madison Counseling Services</u>
- <u>UW Whitewater Counseling Services</u>
- <u>UW Milwaukee Counseling Services</u>
- <u>UW Oshkosh Counseling Services</u>
- <u>UW Stevens Point Counseling Services</u>
- MATC Counseling Services
- Marquette University Counseling Services
- Marian University Counseling Services
- Mount Mary Counseling Services
- <u>University of Minnesota Counseling Services</u>

