

## Wellness at KCAI

### PHYSICAL

#### Local doctors, physicians and specialists

- [Information about local doctors, clinics, and specialists](#)  
\*Information is located under Student Resources (alphabetical order).
- [Information about local urgent care centers and how to use KCAI's accident/injury insurance](#)  
\*Information is located under Student Resources (alphabetical order).
- [KC Care Clinic](#) – KC Care Clinic provides basic health care services to the insured and uninsured and fees may be on a sliding scale basis.
- [LGBTQIA Healthcare Guild](#) - The LGBT-Affirmative Therapists Guild of Greater Kansas City is a grassroots organization of licensed mental and healthcare professionals.

#### KCAI Accident and Injury Insurance

- [Information about KCAI's accident/injury insurance](#)  
\*Information is located under Student Resources (alphabetical order).
- [Information about local urgent care centers and how to use KCAI's accident/injury insurance](#)  
\*Information is located under Student Resources (alphabetical order).

#### Yoga

- Sundays, 10-11 a.m., Epperson Auditorium, FREE

#### Biking and Cycling

- [816 Bike Collective](#) – The 816 Bike Collective is a non-profit organization that repairs, recycles, and distributes bicycles in the community.
- [Bike Walk KC](#) – The events listed directly below are examples of events sponsored by Bike Walk KC
  - Ride the Line Creek Trail
  - Ride to First Fridays
  - KC Women's Bike Summit

#### Stop smoking

- [Kansas Department of Health and Environment](#)

#### Safety

- Apps and websites
  - [Companion: Never Walk Alone](#)

- [Kitestring](#)
- [Circle of 6](#)
- [Guardly](#)
- [OnWatch](#)
- [Hollaback](#)

### **Transportation**

- Kansas City Metro, FREE for KCAI students, [click here](#)  
\*Information is located under Student Resources (alphabetical order).
- Bike Share, FREE for KCAI students, [click here](#)  
\*Information is located under Student Resources (alphabetical order).
- Other resources, Apps and websites
  - [Taxi Pal](#)
  - [zTrip](#)
  - [Uber](#)

### **General health and wellness**

- Nutrition information is located in the KCAI dining hall, including dietary information, food labels, etc.

## **MENTAL**

### **Personal Counseling**

- Counseling Services - KCAI has contracted mental health professionals to meet with students on-campus during the academic year. Counselors meet with students weekly for a variety of presenting concerns. This service is free to enrolled students and on a first come first served basis. Students may request an appointment by completing an online request located on [ArtNet](#) at <https://artnet.kcai.edu/counseling>
- For a list of off-campus emergency and mental health resources, [click here](#).  
\*Information is located under Student Resources (alphabetical order).
- **For emergencies, please call campus security at 816-931-6666, call 911, or go to the nearest emergency room.**

### **Mindfulness and Meditation Workshops**

- Workshops are free and available for students during the fall and spring semesters. The workshops are designed to develop and enhance student's ability to access deeper levels of awareness to further advance creativity and well-being. Mindfulness can be a powerful tool for changing emotional reactions that hijack our ability to think clearly, act skillfully and live creative meaningful lives. Details about the workshops and instructions on how to enroll are sent via email to all students each semester.

### **Support groups**

- **Alcohol and substance abuse support groups**
  - [Alcoholics Anonymous \(AA\)](#)
  - [Al-Anon](#)
  - [Adult Children of Alcoholics](#)

- [Narcotics Anonymous \(NA\)](#)
- Eating disorders
  - [Overeaters Anonymous \(OA\)](#)
  - [Anorexics & Bulimics Anonymous](#)
- **LGBTQIA support groups**
  - [PFLAG](#) - support for parents, family, friends and LGBT individuals
  - [UMKC LGBTQIA](#) - events and support groups, open to KCAI students to attend!
  - [Kansas City Center for Inclusion](#) - events, discussions, support groups, open to the KC community!!
- **Grief support groups**
  - [Healgrief.org](#)
  - [Kansas City Hospice and Palliative Support](#)
  - [LIKEME Lighthouse](#) - Resource room and library
  - [Kansas City Center for Inclusion](#)

### **Organization and time management**

- [KCAI disabilities and academic support services](#) – Please contact KCAI’s disabilities and academic support coordinator at [816-802-3440](tel:816-802-3440) for more information.
- Apps and websites
  - [Any.Do](#)
  - [Studious](#)
  - [SelfControl](#)

### **SPIRITUAL**

[Meditation](#)

[Healing service](#)

[Local places of worship/religious organizations](#)

\*Information is located under Student Resources (alphabetical order).