

MATC Student Resources

MATC Counseling and Psychological Services (CAPS)

MATC has licensed professional counselors to provide short-term support to students with mental health needs and concerns. All services are confidential and offered at no cost to students. Our Counselors provide a welcoming and safe environment to discuss a variety of issues, including:

- Stress
- Trauma
- Identity Exploration
- Anxiety
- Anger Management
- Job Loss & Financial Stress
- Depression
- Relationship Challenges
- Bullying
- Grief & Loss
- Loneliness
- Alcohol & Substance Use

The MATC EMS program recommends Nicole Gustafson, a MATC Licensed Counselor with experience working with emergency responders and their families.

[Schedule an appointment with Nicole Gustafson here.](#)

In-person, phone, and virtual services are available by appointment
Monday - Friday from 8 a.m. to 5 p.m.

To check for same-day appointment availability, please email counseling@matc.edu

Downtown Milwaukee Campus - S Building: Room S209

Mequon Campus - Room A110

Oak Creek Campus - Room A209

West Allis - Virtual and phone appointments

Need the immediate assistance of a counselor?

Connect 24/7 by calling 414-297-7582 and selecting option 1.

FastFund

Fast Fund helps students cover urgent and unexpected financial hardships that may impact their ability to stay in school. Eligible needs may include, but are not limited to:

- Tuition or fees that prevent continued enrollment
- Childcare expenses
- Food insecurity or groceries
- Textbooks and school supplies
- Transportation needs, such as bus passes or car repairs
- Emergency housing or utility shut-off notices
- Medical or mental health-related expenses
- Technology access, such as laptops or Wi-Fi
- Family or personal emergencies

Please note: While we aim to be flexible, Fast Fund does not cover routine, ongoing, or planned expenses.

<https://www.fastfundmke.org/aid-application>

MATC Student Health Services

MATC's Health and Wellness team offers various resources to support student health education and promote self-care. We assist with personal health promotion activities, basic health and personal needs, and referral services to outside healthcare providers as needed.

In serving students, we advocate for health equity, a culture of compassion, social justice, and overall wellness improvement. We work with community partners and offer community resources within the areas where students live and work.

We are located in the Downtown Milwaukee Campus, H Building, Room H302.

Students can schedule appointments through EAB Navigate or using the EAB Navigate LINK:

<https://matc.campus.eab.com/pal/hmfiEUvY3U>

MEDICAL CARE

[FastCare \(link\)](#) - Students currently enrolled at MATC can be treated for nonemergency minor illness and injuries.

Emergency Assistance

Suicide and Crisis Lifeline: 988 (text or call)

Campus Public Safety: 414-297-6588

(Public Safety can facilitate ambulance or assistance with 911 while on campus.)

COMMUNITY SERVICES

- [Dental Clinic \(link\)](#), Downtown Milwaukee Campus- H Building, Room H115
- Cardiovascular Clinic, Downtown Milwaukee Campus- H Building, Room 233
- [Hair & Nail Services \(link\)](#), Downtown Milwaukee Campus- M Building, 1st Floor
- Emotional Support, Pepper the therapy dog, Downtown Milwaukee Campus- C Building, Room 219
- [Counseling and Psychological Services - CAPS \(link\)](#), All campuses and online
- [Student Resource Center \(link\)](#), Downtown Milwaukee Campus- S Building
- [Skyn - The Spa \(link\)](#), Mequon Campus, Room A 233

DRUG AND ALCOHOL RESOURCES

[Visit the Student Right to Know page \(link\)](#)

MATC Student Emergency Assistance Grant

[MATC Student Emergency Assistance Grant](#)

The MATC Student Emergency Assistance Grant program, formerly known as the MATC Dreamkeepers Emergency Financial Assistance Grant, provides financial help (usually less than \$500) to students who are experiencing an unexpected, unlikely-to-reoccur event that has caused a financial strain and who have no other resources available.

The goal of this program is to provide support to keep students in school even when emergencies arise. Your responses in the application determine the amount of emergency funds. Students with exceptional needs are prioritized to receive maximum funding. Please note that this grant is awarded on a first-come-first-served basis.

ELIGIBILITY REQUIREMENTS

- ☐ Be a current MATC student actively attending classes and enrolled in the current semester
- ☐ Have attended MATC for more than one semester
- ☐ Have a cumulative GPA of 2.00
- ☐ Provide a brief statement describing the financial emergency and submit a copy of the bill you seek to have paid through the MATC Student Emergency Assistance Grant program.
- ☐ Have not met the per year or the lifetime award limits. An MATC student may receive up to \$500 per academic year and a total lifetime limit of \$2,500 in emergency grant assistance. Each MATC academic year begins in the Summer semester and goes through the following Spring.

[APPLY NOW](#)

If you do not meet the qualifications for a MATC Student Emergency Assistance Grant, you may qualify for other resources like the FAST Fund. [Visit this page for more information \(link\)](#).

ELIGIBLE EXPENSES:

Child Care
Food/Meals
Housing/Rent
Medical/Dental Expenses
Personal Automobile Repairs (valid driver's license and proof of insurance required)
Utilities

INELIGIBLE EXPENSES:

Alcohol
Books and School Supplies
Car Payments
Entertainment Expenses (cable, internet, etc.)
Fees
Legal Fees
Routine Car Maintenance
Tobacco
Tuition
Credit Card Payments

QUESTIONS? Call 414.297.6199 or email emergencygrant@matc.edu.

MATC Food Pantry & FSET Program

[Food Pantry | MATC](#)

The MATC Student Resource Center (SRC) is located at the Downtown Milwaukee Campus in Room S215.

Students just need to bring their student ID card to receive free, prepared meals to heat for lunch and dinner. They can also select essential foods, beverages, and snacks to bring home, which Feeding America donates and presents in a market-style shopping experience.

Culinary students enrolled in MATC's Food Advocacy course have donated their talents to provide their peers with high-quality, delicious meals. They will be on-site to distribute food, answer students' questions about the meals, and share recipe ideas.

The Food Pantry is available to assist with the following:

- Students just need to bring their student ID card to receive free, prepared meals to heat for lunch and dinner.
- Students can select essential foods, beverages and snacks to bring home.

- Students are invited to stop by weekly to fill shopping bags, but hungry students in search of a freshly prepared lunch or dinner will never be turned away.

Downtown Milwaukee Campus

S Building, Room S215.

Monday closed for restocking and deliveries.

T-Th 10 a.m.-6 p.m.

F 8 a.m.-4 p.m. and by appointment with Nadia Ramirez, ramirene@matc.edu.

Mequon Campus

Room A102

M-Th 8 a.m.-5 p.m.

F 8 a.m.-4 p.m. and by appointment with Sophia Lococo, lococosf@matc.edu.

[Mequon Campus Food Pantry \(pdf\)](#)

Oak Creek Campus

Room A107

M-Th 8 a.m.-5 p.m.

F 8 a.m.-4 p.m. and by appointment with Margaret Dishaw, dishawm@matc.edu.

[Oak Creek Campus Food Pantry \(pdf\)](#)

The FSET Program is located in the MATC Student Resource Center, which is located at the Downtown Milwaukee Campus in Room S215. FSET can assist any student with an open food share case in Milwaukee County who is taking at least one credit at MATC. Liz is the contact person for the FSET program. She is in the office Monday through Friday from 9 a.m. to 3 p.m.

<https://www.dhs.wisconsin.gov/fset/index.htm>

MATCFSET@gmail.com

414-297-6385

MATC Legal Clinic

studentlife@matc.edu

Office of the Ombudsman

<https://www.matc.edu/who-we-are/offices/ombuds/index.html>

MATC Student Accounts

Students may contact them by email at saccounts@matc.edu or call 414-297-6797. Student Accounts can assist with the following:

Payments and payment arrangements
Purchase of Student Parking Passes

Financial Aid Office

The Financial Aid Office is located at the Downtown Milwaukee Campus in Room S-115. Their office hours are as follows:

- Monday: 7:45 a.m. – 6:00 p.m.
- Tuesday: 7:45 a.m. – 6:00 p.m.
- Wednesday: 7:45 a.m. – 6:00 p.m.
- Thursday: 7:45 a.m. – 6:00 p.m.
- Friday: 7:45 a.m.– 4:00 p.m.

Students may contact the Financial Aid department by email at finaid@matc.edu or call 414-297-6282.

Community and Human Services Pathway Advising

Email: servepathway@matc.edu

Phone: 414-570-4426

Syllabus addendum - Student Support Resources Guide