

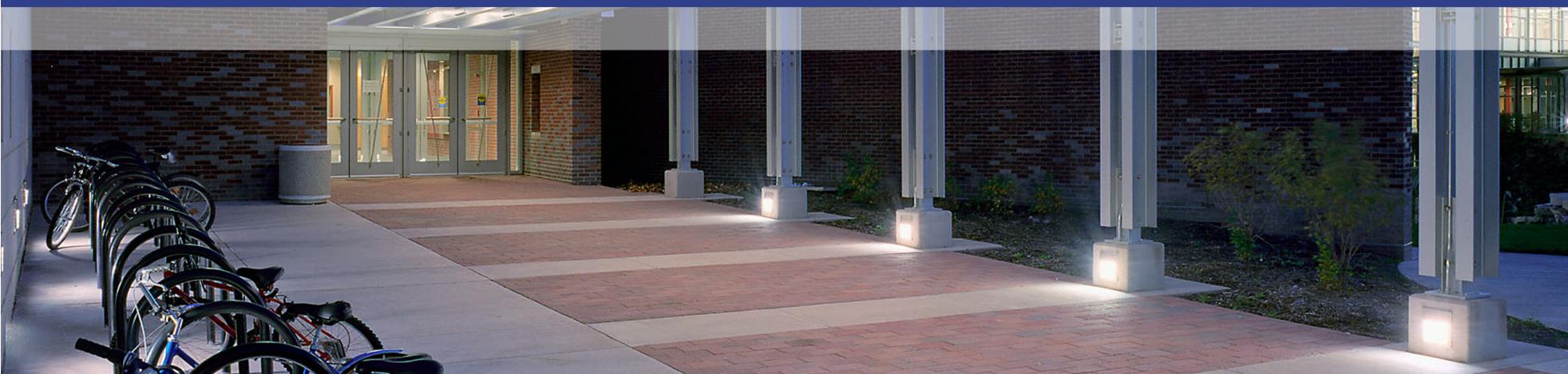


# CS 100

## Wellness & Safety



COMPUTER SCIENCE • UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN





## Greg Baugues Video

- <http://www.baugues.com/>
- Did you know: Mental Illness Awareness Week October 4-10, 2015



- At this time please pull out your I-Card

**Did you know: The University ID card must be presented for identification purposes at the request of an agent of the University when the agent is acting in the performance of his or her supervisory or security function.**



## Student Assistance Center

- <http://www.odos.illinois.edu/studentassistance/>
- Do you know the difference between Dean on Duty vs Emergency Dean?



# Counseling Center

- <http://counselingcenter.illinois.edu/>
- Did you know: Someone wrote code to make this easy for you!



# McKinley Health Center

- <http://www.mckinley.illinois.edu/>
- **Cold Care Pack and other items**
- [http://www.mckinley.illinois.edu/units/health\\_ed/  
health resource centers.htm](http://www.mckinley.illinois.edu/units/health_ed/health_resource_centers.htm)

Educate yourself about your student insurance.



# Disability Resources & Educational Services (DRES)

- <http://disability.illinois.edu/>



## Illini-Alert

- <https://techservices.illinois.edu/services/illini-alert>
- Did you know: Your parents can sign-up for this too!



# Engineering Hall 206

- DRES
- Every Thursday, by appointment, 4:00 to 5:00.
- Schedule an appointment by calling DRES at 217-333-2280
  
- Counseling Center Consultation
- Tuesdays 4-5 & Wednesdays 1:30-2:30 by appointment
- Call 217-333-3704 to schedule one of these appointments



# Safety

## SafeWalks

SafeWalks is a courtesy service provided to University of Illinois students, faculty, or staff, so that they do not have to walk alone within the campus area. People who are interested in a SafeWalk should contact the University of Illinois Police Student Patrol.

**Operating hours:**

**Sunday-Thursday: 9 pm-2 am**

**Friday and Saturday: 9 pm-3 am**

Please give at least 20 minutes notice for the SafeWalk.

Contact: Call (217) 333-1216 or press an emergency phone button and wait for the dispatcher.

<http://www.publicsafety.illinois.edu/universitypolice/safewalks.html>

## SafeRides

SafeRides is a limited MTD service that provides safe transportation for individuals who are generally traveling alone when no other means of safe transportation is available.

**Operating hours:**

**Fall Semester - Daylight Savings in November: 7 pm-6 am**

**Daylight Savings in November - Daylight Savings in March: 5 pm-6 am**

**Daylight Savings in March - end of Spring Semester: 7 pm-6 am**

There is no SafeRides service during summer session I and II.

Contact: Call (217) 265-7433 or visit [www.cumtd.com/riding/saferides](http://www.cumtd.com/riding/saferides).



## Additional Resources

- The JED Foundation

<https://jedfoundation.org/>

- Half of Us

<http://www.halfofus.com/>

- ULifeline

<http://www.ulifeline.org/>



## Hotlines to Call for Help

- Call the following numbers for health and safety information:
- Emergency  
**9-1-1**
- Find Substance Abuse and Mental Health Treatment  
**800-662-HELP (4357)**
- National Domestic Violence Hotline  
**800-799-SAFE (7233)**
- National Suicide Prevention Lifeline  
**800-273-TALK (8255)**
- National Sexual Assault Hotline  
**800-656-HOPE (4673)**



## Steps you can take!

- Eat a balanced diet
- Get enough sleep
- Get regular physical activity
- Maintain your health with checkups and vaccinations
- If you decide to have sex, practice safe sex
- Make smart choices about alcohol and drugs
- Get help if you are stressed or depressed
  
- TALK TO SOMEONE #IAmStigmafree