

## Local 24 Hour Hotlines

Dial A Nurse: 217-333-2700

Emergency Dean: 217-333-0050

Mental Health: 217-359-4141 to speak with a counselor.

Sexual Assault: 217-384-4444

## Campus Resources

[Counseling Center](#): The Counseling Center helps students address many of the academic, relational, social, and emotional concerns they may face.

[Disability Resources & Educational Services](#): DRES works with individuals with disabilities to ensure an equal opportunity to participate in and benefit from the programs, services and activities at UIUC (includes mental health related issues) (also offers free counseling).

[Emergency Dean](#): 24 hours a day, 7 days a week help for students and their family in emergencies, reporting acts of intolerance and hate crimes.

[International Student & Scholar Services](#): Serves our international population and campus units through advising, immigration services, programming, advocacy, and outreach.

[Lesbian, Gay, Bisexual, Transgender Resource Center](#): The LGBT Resource Center provides a confidential forum for LGBT students, faculty, and staff to discuss the campus climate and respective issues.

[McKinley Health Center](#): Provides quality ambulatory health care and health education to students and medical expertise to UIUC affiliates.

[Office of the Dean of Students](#): The office provides important educational and developmental opportunities, serves as student advocates, empowers students to be successful, and promotes students' rights and responsibilities.

[Student Athlete Resources](#): Our mission is to guide our student-athletes and provide them with the necessary tools and resources to be successful in the classroom, on the field of play, and in life.

[Student Assistance Center](#): Walk-in assistance; counseling, advocacy and referral services; assistance with complaints, class absences, and withdrawals; report acts of intolerance.

[Suicide Incident Referral Form](#): This form helps coordinate the timely response, intervention, and support to students who are engaging in suicidal behavior.

[Student Parents](#): Resources for students who are balancing caring for children and pursuing a degree.

[Veterans Student Support Services](#): VSSS provides Veterans, active duty personnel, National Guard and Reserve members and qualified dependents with the services necessary to pursue their academic and personal interests, explore different learning experiences, and integrate into the campus community.

[UIUC YMCA](#): YMCA sponsored programs, organizations and activities dedicated to fostering ethical and principled leadership dedicated to building a better world.

[Women's Resources Center](#): WRC offers confidential supportive counseling, advocacy services, resources, and referral services including sexual assault/rape or abuse within a relationship and other types of interpersonal abuse.

## Campus Tutoring

If you are struggling in a class don't forget to check out your TA's office hours.

[American Chemical Society Tutoring](#): Tutoring for ACS is held in the back of the Chemistry Library (170 Noyes Lab) and is free to all UIUC students. There will be a red "ACS Tutoring" sign and if you can't find us, ask the front desk for more information.

[Center for Academic Resources in Engineering \(CARE\) Tutoring](#): Tutoring and peer advising are available on a walk-in, first-come, first-served basis located on 4th floor of Grainger Library.

[Chemistry Tutoring](#): The Department of Chemistry provides free walk-in tutoring services in the Chemistry Learning Center (CLC) from 9 a.m. until 5 p.m Monday through Friday.

[Economics Tutoring](#): Free service offered by the Department for students during fall and spring semesters, starting the third week of classes.

[Eta Kappa Nu Tutoring](#): Offers free one-on-one peer tutoring for courses in ECE.

[History Tutoring](#): Phi Alpha Theta offers writing help as well as general topic and class specific tutoring.

[Math Tutoring](#): The Mathematics Department offers both free tutoring services as well as a list of graduate students offering private tutoring (for a fee).

[MCB Learning Center](#): The MCB Learning Center provides a space for students to meet with any available MCB 100, 150/151, 250/251, 252/253, and 354 teaching assistant during their office hours.

[MCB Ligase](#): LIGASE offers the opportunity to be a tutor or be tutored for classes in the MCB core curriculum. Students are matched on a one-on-one basis to ensure that a good relationship is established between the tutor and the student.

[Student Athlete Tutoring Application](#): The DIA (Division of Intercollegiate Athletics) provides individual tutoring and study hall hours to all student athletes.

[Writer's Workshop](#): Writer's Workshop provide free writing assistance for University of Illinois students, faculty, and staff from all disciplines and at all stages of the writing process.

## Community Resources

[Community Elements](#): Community Elements provides individuals and families a range of prevention, intervention, and behavioral health treatment services *at no charge*.

[Courage Connections](#): Courage Connections provides *free* housing and supportive services for individuals and families experiencing homelessness or who are victims of domestic violence.

[Crisis Nursery](#): Crisis Nursery creates an "Island of Safety" dedicated to the prevention of child abuse and neglect by providing 24-hour emergency care for children and support to strengthen families in crisis.

[Depression and Bipolar Alliance](#): Weekly meetings for people with mood, anxiety, dual diagnosis, or psychotic disorders. They meet Tuesdays, Thursdays and Fridays.

[GROW](#): A mental health support group that meets weekly at 313 N Mattis Ave, Champaign.

[Money Mentors](#): The Money Mentor program is a network of trained volunteers who work one-on-one with individuals who request help with personal money management (*free*).

[NAMI Champaign](#): A local affiliate of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.

[RACES \(Rape Advocacy, Counseling, and Education Services\)](#): RACES provides *free*, confidential services to anyone who has been affected by sexual assault, abuse, or harassment.

[The Prairie Center](#): They provide prevention, intervention, education and treatment services for alcoholism and chemical dependency, other addictions, and associated conditions to individuals, families, and communities.

## Medical Services

[Avicenna Health](#): Avicenna Community Health Center is a *free*, primary care clinic available for uninsured residents of Champaign County.

[Carle Psychology and Psychiatry](#): Experienced staff of psychologists, psychiatrists, therapists and clinical nurse specialists provides patients with many options for mental health conditions, such as eating disorders, anxiety issues and depression.

[Champaign County Christian Health Center](#): The Health Center is staffed in evenings with volunteer doctors, nurses, etc & *free* of charge

[Francis Nelson](#): Frances Nelson delivers primary medical and mental health services to patients regardless of their ability to pay. A family practice community health center serving all ages; same day appointments for current patients, Women's Health including breast and cervical cancer screening, counseling, eye clinic, including eye acute care and vision prescriptions, prenatal care, well child clinics, dermatology, health education, after hours nursing service, and social services.

[Planned Parenthood of Illinois Champaign Health Center](#): Planned Parenthood provides comprehensive reproductive and complementary health care services in settings which preserve and protect the essential privacy and rights of each individual. Accepts most insurance plans and operates on a sliding scale.

[Pregnancy Resource Center](#): The Resource Center offers *free* confidential and accurate pregnancy testing, ultrasound, and options education; however, we do not offer or refer for abortion or provide birth control [*A Pro-Life Organization*].

[Presence Health Addiction and Behavioral Health](#): They provide both inpatient and outpatient services ranging from psychiatric consultation, medication management and individual and family therapy to intensive outpatient programs that help you understand and cope with your condition.

#### Counseling Services in CU

[A and L Counseling Services](#): offers personalized substance abuse treatment services designed to meet the needs of every patient.

[Ann L. Chan Counseling Services](#): serves a wide range of emotional and behavioral issues providing services that span from therapy for depression and grief counseling to parenting support, couples counseling and beyond.

[Cognition Works](#): conducts partner abuse groups for females in English & Spanish.

[Compass Counseling and Consulting](#): provides individual, couples/marital and family counseling. Counseling and consultative services for schools, churches, and community organizations.

[Elliott Counseling](#): provides individual, couples, family, and group therapy, addressing the entire range of emotional and mental health issues. Accepts most insurance and operates on a sliding scale (**highly recommended and close to campus**).

[Family Service](#): is the oldest private social service agency in Champaign County. Serving individuals, couples, and families with children, our professional therapists can assist you to resolve conflicts arising from personal and relationship issues.

[New Dawn Counseling](#): offers therapy to individuals and couples focused on a strength-based perspective.

[The Rock Counseling](#): offers a variety of counseling options including online sessions.

[The Pavilion](#): offers psychiatric and addiction treatment services for children, adolescents, adults, and the geriatric population. Services are provided on an inpatient and partial hospitalization basis.

RSO at UIUC

[Empowering Multicultural Women Association](#): provides an outlet for women of all cultures and backgrounds to become active on campus and within the surrounding and global communities.

[Illini Art Therapy](#): leads art workshops open to any U. of I. students—undergraduate and graduate—on the first and third and fifth Mondays of each month from 7pm to 9pm at the Women's Resources Center.

[NAMI](#): aims to provide support, education and advocacy for all students affected by mental illness through organizing and hosting various educational, social, and awareness events.

[Random Acts of Kindness](#): strives to promote positivity in both big and small ways, internally and externally, within yourself and within your own community.

[Students Against Sexual Assault](#): an organization that is responsible for facilitating meetings and programs in order to spread awareness about sexual assault, support survivors of sexual assault, and work towards making policy changes on the UIUC campus.

[To Write Love On Her Arms](#): is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury and suicide.

[Women4Outreach](#): desires to develop, strengthen, and unify university women through service, leadership, and mentorship by making a positive and personal impact on the women in the surrounding community.

[Women of Color](#): to educate, uplift, and unite minority women on the University of Illinois campus and in the greater Champaign-Urbana community.

## Online Resources

You'd be surprised just how results you can get from googling [problem I'm having] and just how much comfort you can find in random online forums.

[7 Cups of Tea](#): Choose to connect with a listener now to talk to someone one on one. This may take a while depending on how busy they are.

[7 Cups of Tea \(Group Chat\)](#): They also have group chat rooms where people with similar problems can talk to one another anonymously.

[Lifeline Crisis Chat](#): Talk one on one to a specialist. They talk about any issues you want, from family problems to suicidal ideations. Like the others, they are there to listen, not judge, so feel free to talk about what you need to.

[Depression Chat Rooms](#): They are a community focused on helping people with depression and anxiety, but are happy to help anyone going through hard times.