

Campus Resources for Student Stress Management

Counseling Center

Confidential individual and group therapy services; referral services; reading and study skills program. Same day appointments often available. Counseling Center Wellness Paraeducators provide peer education sessions on mental, emotional and social wellness topics.

- www.counselingcenter.illinois.edu
- (217) 244-3356

McKinley Health Center Mental Health Clinic

Evaluation and consultation for a variety of emotional and behavioral difficulties; short-term psychotherapy and medication treatment.

- <http://mckinley.illinois.edu/medical-services/mental-health>
- (217) 333-2705

McKinley Health Education Unit

Help with time management, relationships, self-esteem, assertiveness and other stress related issues; appointments with health educators at McKinley; consultations with stress management peer educators; online resources, including downloadable relaxation exercises.

- <http://mckinley.illinois.edu/health-education/stress-management>
- <http://mckinley.illinois.edu/health-education/stress-management/relaxation-techniques>
- (217) 333-2714 (McKinley Health Education Unit)

Psychological Services Center

Services include diagnostic assessment, psychotherapy, family therapy, anxiety clinic, neuropsychological and mental health evaluations, mindfulness training. For U of I faculty staff and students and the community. Services available for adults and children. Fees are based on an affordable sliding scale

- <http://www.psc.uiuc.edu/>
- (217) 333-0041

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Champaign County Mental Health Center Crisis Line

- Emergency after-hours service
- (217) 359-4141

UI Extension Financial Wellness Program

Online and print information, consults with financial wellness peer educators.

- <https://extension.illinois.edu/cfiv/financial-wellness-college-students>
- (217) 244-5580

Wellness Under Pressure Toolkit

Online tools for staying well under difficult circumstances; info on coping with stress, managing time and work, staying healthy, making ends meet, and more.

- <https://go.illinois.edu/wellnessunderpressure>

Campus Wellbeing Services

Referrals, stress management programs, online and print resources.

- <http://go.illinois.edu/campuswellbeingservices/>
- (217) 265-9355

Disability Resources and Educational Services

Academic coaching and accommodations for students with mental health diagnoses.

- <http://disability.illinois.edu/about>
- (217) 333-1970

Campus Recreation

Wide variety of physical activity programs (exercise is shown to improve mood and self-esteem, help manage stress). BodyWork Associates massage therapy available at the ARC.

- <http://www.campusrec.illinois.edu/>
- <http://www.campusrec.illinois.edu/wellness/massage.html>

University of Illinois Undergraduate Library

- Reflection Rooms: Rooms feature a rocking chair, white noise machine, stretching/rocking ball, low light lamp and some fidget toys. Reservations are recommended at the library website <http://www.library.illinois.edu/ugl/>.
- Tranquility kits are available at the circulation desk. These can be checked out for two hours with your iCard. They can be used in the Reflection Rooms or elsewhere in the Undergraduate Library. The kit includes noise canceling headphones, yoga stretch bands, fidget ball and toys, and a HappyLite.
- (217) 333-3477

CAMPUS WELLBEING SERVICES

humanresources.illinois.edu/campus-wellbeing-services