





## Student Support Resources

### Need Help Now?




- **Call 911** for life-threatening emergencies
  - **24/7 Crisis Line:** 815-720-4953  
→ Talk with a mental health professional anytime
- 

### Talk to Someone




#### Counseling Center

-  Turner Student Services Building, 2nd Floor
-  Mon/Tues/Fri: 8am–5pm | Wed/Thurs: 8am–7pm
-  217-333-3704
-  [counselingcenter.illinois.edu](https://counselingcenter.illinois.edu)

#### McKinley Mental Health

-  313 McKinley Health Center
-  Mon–Fri: 8am–5pm
-  217-333-2700



#### TalkCampus (24/7 Peer Support)

-  Free online peer support (phone or computer)
  -  Sign up with your Illinois email
  -  [talkcampus.com](https://talkcampus.com)
- 

### Self-Help & Skill Building

#### WellTrack App

Track moods + learn strategies for stress, anxiety, and depression

-  Free for all Illinois students
-  [counselingcenter.illinois.edu/WellTrack](https://counselingcenter.illinois.edu/WellTrack)


#### Skill-Building Workshops

Learn tools for stress, academics, and life

-  [counselingcenter.illinois.edu/workshops](https://counselingcenter.illinois.edu/workshops)

#### Relaxation Exercises

Guided breathing, imagery, and relaxation tools

-  [mckinley.illinois.edu/relaxation-techniques](https://mckinley.illinois.edu/relaxation-techniques)

---

## Wellness & Self-Care

### Self-Care Stations (Free supplies, I-Card required)

- Illini Union (SE corner, 1st floor)
- SDRP (Mail Room)
- Grainger Library (Main Level)
- ACES Library (Main Level)

### Wellness Portal

All campus wellness resources in one place


 [wellness.illinois.edu](https://wellness.illinois.edu)


---


## Additional Support

### Office of the Dean of Students, Connie Frank Care Center (ODOS)

Help navigating resources, supporting yourself or a friend

 Mon–Fri: 8:30am–5pm

 217-333-0050

 [odos.illinois.edu/community-of-care](https://odos.illinois.edu/community-of-care)


---

### Open Learning Screenings


Quick, confidential mental health screenings

 [canvas.illinois.edu/enroll/A3LKFG](https://canvas.illinois.edu/enroll/A3LKFG)

### Cultural & Identity Support

 [ssib.illinois.edu/units](https://ssib.illinois.edu/units)

### Religious & Spiritual Support

 [odos.illinois.edu/resources/rwa](https://odos.illinois.edu/resources/rwa)

### Academic Support

College offices & academic deans can assist with academic challenges