

Campus Resource Sheet

Thank you for participating in today's [INSERT STUDY PROJECT HERE}. Below is a listing of select campus resources. These resources are not exhaustive but a good place to start if you would like to talk with someone, get more involved on campus, receive academic support, or report an incident.

If you need to talk to someone

Counseling Center

(217) 333-3704

8:00 am–5:00 pm, Monday–Friday

The Counseling Center provides comprehensive services for your mental wellness. We offer time-limited individual counseling, group counseling, referrals to community providers, and a suite of skill-building programming focused on your wellness.

McKinley Mental Health

(217) 333-2700

8:00am – 5:00pm, Monday - Friday

McKinley Health Center has a Mental Health Clinic which provides evaluations and consultations for a variety of emotional and behavioral difficulties. Their staff includes licensed psychiatrists, psychologists, and clinical social workers. We encourage you to contact them for an appointment for assistance with managing medications, short-term psychotherapy, or acute assessment as needed.

Student Assistance Center (Office of the Dean of Students)

(217) 333-0050, helpdean@illinois.edu

Walk-in hours 8:30 am-5:00 pm, Monday–Friday, Emergency Dean available after hours

The Student Assistance Center (SAC) in the Office of the Dean of Students can take reports, facilitate connecting students to desired resources, and supports all students. No appointment is needed to meet with a dean on duty during open hours. Staff at the Student Assistance Center are not mental health providers or confidential advisors but can assist you in getting connected with campus services. Reports of sexual misconduct made to the SAC will be forwarded to the Title IX Office.

Rosecrance Crisis Line

217-359-4141

Rosecrance offers a 24-hour mental health crisis hotline and provides a range of prevention, intervention, and behavioral health treatment services for individuals and families. Please contact the Crisis Line at 217-359-4141 (TTY: 217-352-4217) to speak with a counselor.

Psychological Services Center

(217) 333-0041

8:30 am–5:00 pm, Monday–Friday

The Psychological Services Center (PSC), is operated by the Department of Psychology at the University. It serves the community of Urbana-Champaign, as well as University students, faculty, and staff. While PSC does charge for its services, a sliding scale depending on family size and income is offered.

Women's Resources Center (Confidential Advisors)

(217) 333-3137; womenscenter@illinois.edu

8:30 am–5:00 pm, Monday–Friday

The Women's Resources Center offers confidential advocacy and support related to sexual misconduct including (but not limited to) academic and employment needs, mental and physical health referrals, support with both the criminal and university discipline systems. All services are free of charge and available for persons of all gender identities. The Center has staff designated as confidential advisors, trained and dedicated to providing support and advocacy.

If you are in need of academic support services

Disability Resources and Educational Services (DRES)

(217) 333-1970; disability@illinois.edu

DRES provides academic accommodations and support services to students with disabilities attending the University of Illinois. These can include the following: testing accommodations, text conversion, captioning, ASL Interpreters, fixed route transportation services, physical therapy, compensatory strategies support, individual therapy, case management, executive skills coaching, support groups, career services, an academic lab, athletics, and Beckwith Residential Support Services at Nugent Hall.

Office of Minority Student Affairs (OMSA)

(217) 333-7547

8:30am- 5pm (Additional Tutoring Hours Available)

OMSA provides academic and other support services to students including tutoring, advising, and mentoring. Tutoring is available during the academic year and can be scheduled.

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Writers Workshop

(217) 333-8796, wow@illinois.edu

The Writers Workshop supports all writers in the campus community across all forms of academic and professional writing, at any stage of the writing process. We offer writing groups, writing-related presentations, and writing consultations where we provide feedback on essays, research papers, personal statements, cover letters, theses and dissertations, manuscripts for publication, presentations, digital compositions, and anything between and beyond.

Note: Academic support services are also available within your academic college. Contact your academic advisor for more information.

If you are looking to get more involved on campus

Cultural Houses and Resource Centers

Illinois has 9 cultural and resource centers that offer a variety of programs, interactive classes, and workshops that provide tools that will allow students to develop the life skills needed to thrive in a diverse society.

- [Asian American Cultural Center](#)
- [Bruce D. Nesbitt African American Cultural Center](#)
- [Diversity and Social Justice Education](#)
- [International Education](#)
- [La Casa Cultural Latina](#)
- [Gender and Sexuality Resource Center \(GSRC\)](#)
- [Salaam Middle Eastern North African Center](#)
- [Native American House](#)
- [Women's Resources Center](#)

[Campus Recreation](#)

(217) 333-3806

Hours vary by facility

Campus Recreation offers active learning and self-discovery opportunities to students, faculty, staff, and community members. With the Activities and Recreation Center (ARC), Campus Recreation Center East (CRCE), the Ice Arena, Outdoor Center, Complex Fields, Illini Grove and Campus Bike Center there is roughly 500,000 square feet of state-of-the-art indoor recreation space and over 40 acres of outdoor field space available to concentrate on wellness and healthy lifestyles. From rock climbing to cooking classes to table tennis to information recreation to massage to weight lifting to badminton, Campus Recreation is a place for everyone!

[Fraternity & Sorority Affairs](#)

(217) 333-7062; fsaffairs@illinois.edu

409 Turner Student Services

The Illinois fraternity and sorority community is a diverse community of students and alumni that are trailblazers and entrepreneurs across multiple disciplines. Over the long history at Illinois, fraternities and sororities have provided innovations in the living-learning community, advances in leadership training, and facilitation of community programs that address social justice, philanthropy and campus climate.

[Illinois Leadership Center](#)

(217) 333-0604, leadership@illinois.edu

The world needs better leaders; that is why we are here! The Illinois Leadership® Center provides resources for students to learn and practice leadership. This includes daylong programs, workshops, a leadership certificate program, opportunities for employment, the Minor in Leadership Studies, and a resource library.

[Illini Union Board](#)

(217) 333-3663; IUBoard@mx.uillinois.edu

The Illini Union Board is the largest student-run event-planning board on campus, providing unique and diverse events to the campus community such as comedy shows, films, trivia nights, off-campus trips, live music, and a variety of other social events.

[Student Engagement](#)

(217) 300- 8757 (prompt 4); StudentEngagement@illinois.edu

8:30am – 5pm, Monday–Friday Illini Union Suite 284

Student Engagement is a department to enhance and support student involvement at Illinois. Student Engagement consists of the following units: Student Org Development & Administration (SODA), formerly known as the Office of Registered Organizations; Student Org Finance Center (SOFC), Office of Volunteer Programs (OVP), and Student Sustainability.

The Career Center

(217) 333-0820

8:30am – 5pm, Monday–Friday

From helping students explore majors and careers to reviewing resumes and finding internships, The Career Center empowers and prepares students for professional and career development. Through one-on-one career coaching, workshops and events, the Career Center equips students with the tools and resources they need to actively plan their futures while offering guidance and support for health careers, graduate/professional school admission and job search preparation.

If you want to report an incident

WeCare

If you are looking to report an incident of sexual misconduct, please visit the wecare.illinois.edu website. Confidential advisors at the Counseling Center, McKinley Health Center, Women’s Resource Center and community agencies are also available to support survivors of sexual misconduct.

Office for Student Conflict Resolution

(217) 333-3680

8:30 am–5:00 pm, Monday–Friday

You can pursue student disciplinary action by making an appointment here. This office handles all student disciplinary proceedings and will handle the case if you choose to seek action through the University.