



Counseling Services

Being a student can be tough. Course deadlines, campus climate issues, family expectations, financial difficulties, relationship stress, anxiety, and depression are just a few of the concerns that Illinois students report. The Counseling Center can provide assistance.

I ILLINOIS
Counseling Center

Trained, Culturally-Competent Mental Health Professionals Provide:

- Time-limited individual and couples counseling
- Long-term group counseling
- Referrals to private therapy in the community
- Specialized screenings for alcohol and drug use, eating concerns, and academic issues
- Treatment for a range of psychological concerns

Scheduling an Appointment

Counseling services are covered as part of the student health fee, so there is no additional charge. To schedule a same-day, confidential appointment, please call 217-333-3704 Monday-Friday. Our phones open at 7:50 a.m. If you need to speak to a counselor about an urgent matter, ask for options.

After-Hours Emergencies

If you need to speak with someone after business hours, please call the crisis line at 217-359-4141.

Counseling Center

Student Services Building, Room 206

610 E. John Street, Champaign

217-333-3704

counselingcenter.illinois.edu

