



## Group Counseling

The Counseling Center offers many long-term group counseling options throughout the year. Our groups are designed to promote psychological wellness and are led by culturally-competent, trained mental health professionals.

**I** ILLINOIS  
Counseling Center

## Groups Offered

We typically offer more than 20 groups each semester that address a wide range of psychological concerns. Some of our groups are created for people who share certain identities.

For a complete list of the groups currently offered, please visit [counselingcenter.illinois.edu/group-options](https://counselingcenter.illinois.edu/group-options).

## Receiving Group Counseling

Counseling services are covered as part of the student health fee, so there is no additional charge to receive group counseling. If you're currently a Counseling Center client, tell your counselor you're interested in joining a therapy group. If you're not currently a client, please schedule an appointment by calling 217-333-3704 and mention to your counselor that you're interested in joining a group.

## 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](https://counselingcenter.illinois.edu)

