



## Outreach & Prevention Services

The Counseling Center offers educational programming and consultations to promote psychological wellness.

### Workshops on Request

Workshops can be requested by any campus group and can cover a variety of topics such as:

- Alcohol and other drugs
- Communication in relationships
- Eating disorders
- Intimacy
- Procrastination
- Self-confidence
- Stress management
- Study skills
- Test anxiety
- Time management

Please request workshops at least two weeks in advance by completing the form at [counselingcenter.illinois.edu/request-workshop](https://counselingcenter.illinois.edu/request-workshop).

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Counseling Center

## Regularly Offered Programming

- **Psychoeducation:** Short classes on topics such as mindfulness, overcoming perfectionism, improving focus, and managing test anxiety are regularly offered. For schedules, please visit [counselingcenter.illinois.edu/outreach-and-prevention-services](https://counselingcenter.illinois.edu/outreach-and-prevention-services).
- **Counseling Center Paraprofessionals' Tuesday @ 7 Workshops:** These peer-led workshops focus on issues such as effective stress management and self-care. For the current semester's schedule, please visit [counselingcenter.illinois.edu/tuesday-at-7](https://counselingcenter.illinois.edu/tuesday-at-7).
- **INNER VOICES Social Issues Theatre:** Student performances highlight important social issues in a way that encourages dialogue about issues of diversity and inclusion, mental health, and social justice. For a listing of upcoming performances, please visit [counselingcenter.illinois.edu/inner-voices](https://counselingcenter.illinois.edu/inner-voices).

## Consultation Services

Trained, culturally-competent mental health professionals are available to consult with faculty and staff about students who are of concern and may need to be connected with resources. Please contact your Counseling Center liaison, or call us at 217-333-3704.

## After Hours Emergencies

If someone is in immediate danger, please call 911 or 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)

