Attending college is an exciting time for students and families; ideally, it is a period of experimentation and exploration, an advancement of one’s education, and a step forward toward a career and independence. We also recognize it can be a stressful period. Many students are balancing family, work, financial, and other obligations, which can lead to physical and emotional distress.

As a member of the Illinois community, students and staff have an obligation and responsibility to care for each other and be concerned for the well-being of others. If you know someone in distress, you may be in a position to offer support or guide the person to an appropriate resource.

You are not alone, and the resources discussed in this publication are here to help.

If you perceive an imminent threat or need immediate assistance, please call the University of Illinois Police Department at 911 or (217) 333-1216.

**General Support Services**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
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<tbody>
<tr>
<td>Office of the Dean of Students</td>
<td>(217) 333-0050</td>
<td>odos.illinois.edu</td>
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<tr>
<td>University of Illinois Police Department</td>
<td>(217) 333-1216</td>
<td>police.illinois.edu</td>
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<tr>
<td>Office for Student Conflict Resolution</td>
<td>(217) 333-3680</td>
<td>conflictresolution.illinois.edu</td>
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<tr>
<td>Disability Resources and Educational Services</td>
<td>(217) 333-4603</td>
<td>disability.illinois.edu</td>
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<tr>
<td>Student Legal Services</td>
<td>(217) 333-9053</td>
<td>osfas.illinois.edu/sls/</td>
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<tr>
<td>Office of Student Financial Aid</td>
<td>(217) 333-0100</td>
<td>osfa.illinois.edu</td>
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<td>International Student and Scholar Services</td>
<td>(217) 333-1303</td>
<td>isss.illinois.edu</td>
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<tr>
<td>University Housing</td>
<td>(217) 333-7111</td>
<td>housing.illinois.edu</td>
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Educes students through services, advocacy, and opportunities designed to maximize lifelong learning and success.

An around-the-clock police department which provides safety services, emergency response and crime prevention programs to keep our campus safe.

Administers the conduct system, collects and responds to reports of bias-motivated behavior, and provides alternative conflict resolution services to students.

Helps to determine appropriate accommodations for students with disabilities at Illinois. Students have access to individual mental health counseling, academic coaching, social and recreational opportunities, academic screenings, a disability sports program, and a one-of-a-kind residential program for students with more severe physical disabilities.

Informs students of practical aspects of the law as applied to their individual problem. In addition, in-court representation is available in many cases.

Administers financial aid programs and services to students and their families, striving to increase affordability and enhance student enrollment and graduation.

Serves our international population and campus units through advising, immigration services, programming, advocacy, and outreach.

An essential element of the Illinois experience. We create communities that transform student lives.
RACES is a community based rape crisis center which provides free, confidential services.

Rape, Advocacy, Counseling & Education Services
24-hour Rape Crisis Hotline: (217) 384-4444
RACES is a community based rape crisis center which provides free, confidential services to anyone affected by sexual assault, abuse or harassment.

Your Well-Being

Student Assistance Center
Student Assistance Center go.illinois.edu/sac
Monday-Friday, 8:30 am-5 pm (217) 333-0050
Serves as the first point of contact for students who call or walk in to the Office of the Dean of Students. Our assistant deans help students understand university policies and procedures, educate them about and connect them to campus resources, and support students in crisis. Students visit us regarding a broad range of issues which may be impacting their academic performance including those related to health/mental health, course attendance issues, questions about where to go on campus to seek different services, options for withdrawing from the university, or because they need help and just aren’t sure where to go. We help students find their way!

Emergency Dean
Emergency Dean go.illinois.edu/edean
Monday through Thursday, 5 pm-8:30 am
Friday at 5 pm through Monday at 8:30 am and All University Holidays
Supports students who are experiencing health or safety emergency situations in which an immediate university response is needed and cannot wait until the next business day. The emergency dean is not a substitute for trained emergency personnel such as 911, police, or fire professionals.

McKinley Health Center
McKinley Health Center mckinley.illinois.edu
Monday-Friday, 8 am-5 pm
(217) 333-2700
Some of the services provided include 24-hour dial-a-nurse, primary care providers, pharmacy services, mental health counseling and treatment, travel exams and inoculations, women's health, health resource centers, and the health education unit.

Sexual Misconduct Response

At Illinois We Care
At Illinois We Care wecare.illinois.edu
This comprehensive resource includes information and resources to address sexual assault, stalking, and harassment, explaining what to do, where to go for support, and more. A list of confidential resources, medical resources, police and safety resources, campus reporting resources, other campus resources, and state and national resources can be found at wecare.illinois.edu/resources/students/.

File a Title IX Report
Students, faculty, and staff can file a title IX report that will be submitted to the Title IX and Disability Office.

Women's Resources Center
Women's Resources Center oair.illinois.edu/womens-center
(217) 333-3317
The Women's Resources Center offers confidential supportive counseling, advocacy, and referral services related to sexual assault, sexual harassment, sexual exploitation, dating violence, domestic violence, and stalking.

Rape, Advocacy, Counseling & Education Services
Rape, Advocacy, Counseling & Education Services cs-races.org

Mental Health

Counseling Center
counselingcenter.illinois.edu
Monday-Friday, 8 am-5 pm (217) 333-3704
The Counseling Center is committed to providing a range of services intended to help students develop improved coping skills in order to address emotional, interpersonal, and academic concerns. The Counseling Center provides individual, couples, and group counseling. All of these services are paid for through the health services fee. The Counseling Center offers primarily short-term counseling, but does provide referrals to the community when students could benefit from longer term services. Call to schedule an appointment. If you are in crisis and need immediate help, walk in to the Counseling Center and inform the staff that you are experiencing a crisis. They will help get you connected to support as soon as possible.

McKinley Health Center
mckinley.illinois.edu/medical-services/mental-health
Monday-Friday, 8 am-5 pm
(217) 333-2705
The Mental Health Clinic at McKinley provides evaluations, consultations, and recommendations for subsequent treatment for a variety of emotional and behavioral difficulties. Short-term individual psychotherapy and medication treatments are provided when indicated. McKinley's staff of mental health professionals includes licensed psychiatrists, psychologists, a clinical nurse specialist and clinical social workers. Call to schedule an appointment.

Rosecrance Crisis Line
rosecrancechampaignurbana.org
Crisis Hotline: (217) 359-4141
Offers a 24-hour mental health crisis hotline and provides a range of prevention, intervention, and behavioral health treatment services for individuals and families.

Disability Resources & Educational Services
disability.illinois.edu
Monday-Friday, 8:30 am-5 pm
(217) 333-4603
Disability Resources and Educational Services (DRES) helps to determine appropriate accommodations for students with disabilities at Illinois. These might include things like extended time for testing or physical modifications to the classroom. Students have access to individual mental health counseling, academic coaching, social and recreational opportunities, academic screenings, a disability sports program, and a one-of-a-kind residential program for students with more severe physical disabilities.

To become registered with DRES, the process is fairly simple: students complete an online application and then submit disability documentation. Then, the student is invited to DRES for an orientation session, at which they will develop a plan for using accommodations and support services. Consider contacting DRES today if you have any questions about disability-related services at the University of Illinois! Reach them by email at disability.illinois.edu, or by phone at (217) 333-4603.

Bias Incident Response

Bias Assessment & Response Team
Bart.illinois.edu
Monday-Friday, 8:30 am-5 pm
Bias-motivated incidents are actions or expressions that are motivated, at least in part, by prejudice against or hostility toward a person (or group) because of that person's (or group's) actual or perceived age, disability/ability status, ethnicity, gender, gender identity/expression, national origin, race, religion/spirituality, sexual orientation, socioeconomic class, etc. The Bias Assessment and Response Team (BART) collects and responds to reports of bias-motivated incidents that occur within the University of Illinois at Urbana-Champaign community.

Bias Assessment & Response Team
Bias Assessment & Response Team Bart.illinois.edu
Monday-Friday, 8:30 am-5 pm
Bias-motivated incidents are actions or expressions that are motivated, at least in part, by prejudice against or hostility toward a person (or group) because of that person's (or group's) actual or perceived age, disability/ability status, ethnicity, gender, gender identity/expression, national origin, race, religion/spirituality, sexual orientation, socioeconomic class, etc. The Bias Assessment and Response Team (BART) collects and responds to reports of bias-motivated incidents that occur within the University of Illinois at Urbana-Champaign community.

Academic Support

Student Assistance Center
Student Assistance Center go.illinois.edu/sac
Monday-Friday, 8:30 am-5 pm (217) 333-0050
See contact information and description under “Your Well-Being”.

Disability Resources & Educational Services
disability.illinois.edu
Monday-Friday, 8:30 am-5 pm (217) 333-4603
See contact information and description under “Mental Health”.

Your College Office

It is always a good idea to work with and consult your academic college when you run into academic challenges and barriers. We have included the basic contact information for each college below:

Agricultural, Consumer, and Environmental Sciences
Academic Programs Office
academics.aces.illinois.edu
(217) 333-3380
128 Mumford Hall

Applied Health Sciences
Academic Affairs
ahs.illinois.edu/resources
(217) 333-2311
110 Huff Hall

Gies College of Business
Undergraduate Affairs
business.illinois.edu/undergraduate-affairs
(217) 333-2740
1055 Business Instructional Facility

Division of General Studies
dgs.illinois.edu
Illini Union Bookstore, Floor 5
(217) 333-4710

Education
Student Academic Affairs
education.illinois.edu/saao
(217) 333-2800
140 Education Building

Grainger College of Engineering
Undergraduate Programs
engineering.illinois.edu/academics/undergraduate
(217) 333-2280
306 Engineering Hall

Fine and Applied Arts
Undergraduate Academic Affairs
faa.illinois.edu/current-students/academic-policies
(217) 333-6061
110 Architecture Building

Graduate College
Undergraduate Academic Affairs
grad.illinois.edu
(217) 333-0035
204 Coble Hall

Liberal Arts and Sciences
Student Academic Affairs
las.illinois.edu
(217) 333-1705
2002 Lincoln Hall

Media
Student Services Center
media.illinois.edu/student-services
(217) 244-4329
18 Gregory Hall

Social Work
Social Work socialwork.illinois.edu/current-students
(217) 333-2261
School of Social Work