

Campus Resources for Employee Stress Management

Wellness Under Pressure Toolkit

Online tools for staying well under difficult circumstances; info on coping with stress, managing time and work, staying healthy, making ends meet, conflict management, anger management and more

- <http://go.illinois.edu/underpressure>

Campus Wellbeing Services

- Referrals, stress management programs, online and print resources
- (217) 265-9355, wellbeing@illinois.edu
- <http://go.illinois.edu/wellnesscenter/>

Faculty Staff Assistance Program (FSAP)

- Confidential personal and professional assistance with problems that interfere with well-being or ability to work for **faculty, staff and family members**
- Appointment: (217) 244-5312 Crisis Line: (217) 244-7739

UIUC Psychological Services Center

- Services include psychotherapy for adults, adolescents and children, family therapy, anxiety clinic, neuropsychological and mental health evaluations
- Fees are based on an affordable sliding scale
- (217) 333-0041
- <http://www.psc.uiuc.edu/>

Financial Wellness Program – UI Extension

- Online and print information on reducing financial stress
- <http://web.extension.illinois.edu/financialwellness/> & <http://web.extension.illinois.edu/toughtimes/>

Campus Recreation

- Wide variety of physical activity programs
- BodyWork Associates massage therapy at the ARC
- <http://www.campusrec.illinois.edu/>
- <http://www.campusrec.illinois.edu/wellness/massage.html>

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McKinley Health Center

- Online resources for managing stress
- http://www.mckinley.illinois.edu/Units/Health_Ed/stress_management.htm
- <http://mckinley.illinois.edu/health-education/stress-management/relaxation-techniques>

Champaign County Mental Health Center Crisis Line

- Emergency after-hours service
- (217) 359-4141

University of Illinois Undergraduate Library

- Relaxation and Respite Rooms: Rooms feature a rocking chair, white noise machine, stretching/rocking ball, low light lamp and some fidget toys. Reservations are recommended at the library website <http://www.library.illinois.edu/ugl/>.
- Tranquility kits are available at the circulation desk. These can be checked out for two hours with your iCard. They can be used in the Relaxation/Respite Room or elsewhere in the Undergraduate Library. The kit includes noise canceling headphones, yoga stretch bands, fidget ball and toys, and a HappyLite.
- (217) 333-3477