

## Mental Health Resources

### Campus Resources

#### McKinley Health Center

217-333-2700

[mckinley.illinois.edu](http://mckinley.illinois.edu)

1109 S. Lincoln Ave., Urbana

McKinley's Dial-a-Nurse is  
available 24/7 at 217-333-2700

#### McKinley Relaxation Exercises

[mckinley.illinois.edu/relax](http://mckinley.illinois.edu/relax)

#### United Healthcare - Healthiest You

If you have the University's student health  
insurance plan, you have access to nationwide  
24/7 telehealth services.  
[telehelp4students.com](http://telehelp4students.com)

#### Office of the Dean of Students

217-333-0050

[odos.illinois.edu](http://odos.illinois.edu)

[helpdean@illinois.edu](mailto:helpdean@illinois.edu)

Turner Student Services, Third Floor

610 E. John St., Champaign

The Student Assistance Center is open

8:30am to 5pm

The Emergency Dean is available

5pm to 8:30am

#### Counseling Center

217-333-3704

[counselingcenter.illinois.edu](http://counselingcenter.illinois.edu)

Turner Student Services, Second Floor

610 E. John St., Champaign

Open 8 am to 5 pm

Same-day scheduling for first  
time appointments.

#### Counseling Center's Suicide Intervention Team

217-333-3704

Suicide Incident Reporting Form (SIRF)

[counselingcenter.illinois.edu](http://counselingcenter.illinois.edu)

#### Community of Care

Resources for staff and students

[odos.illinois.edu/community-of-care](http://odos.illinois.edu/community-of-care)

#### Kognito-At Risk Suicide Prevention Training

[ui.kognito.com](http://ui.kognito.com)

#### Mental Health & Wellness Resources

[wellness.illinois.edu](http://wellness.illinois.edu)

### 24-Hour Crisis/Emergency Resources

#### University Police Department

217-333-1216

110 West Springfield Ave., Urbana

[police.illinois.edu](http://police.illinois.edu)

#### Carle Foundation Hospital

217-383-3311

611 West Park St., Urbana

[carle.org](http://carle.org)

#### Rosecrance Mental Health Center

217-373-2430

801 N. Walnut St., Champaign

Crisis Line: 217-359-4141

[rosecrancechampaignurbana.org](http://rosecrancechampaignurbana.org)

#### OSF Hospital

217-337-2000

1400 West Park St., Urbana

[osfhealthcare.org/heart-of-mary](http://osfhealthcare.org/heart-of-mary)



## 24-Hour Crisis/Emergency Resources Continued

**Pavilion Behavioral Health Hospital**  
809 West Church St., Champaign  
**217-373-1700**  
pavilionhospital.com

**Local 24 Hour Crisis Line Mental Health**  
**217-359-4141**  
24 hours a day, 7 days a week

## National Resources

**National Suicide Prevention Lifeline**  
**988 Call/Text**  
suicidepreventionlifeline.org

**National Suicide Prevention Lifeline**  
suicidepreventionlifeline.org/chat/  
Online chat

**The Jed Foundation**  
jedfoundation.org

**Trevor Lifeline for LGBTQ**  
**1-866-488-7386**  
thetrevorproject.org

**Veterans Crisis Line**  
**1-800-273-8255 Press 1**  
veteranscrisisline.org

**NAMI (National Alliance on Mental Illness)**  
nami.org

## Other Resources

**SAMHSA Disaster Distress Hotline**  
**1-800-985-5990**  
text **TalkWithUs** to **66746**

If you feel overwhelmed about COVID-19 and need someone to talk to, call or text SAMHSA's Disaster Distress Hotline. This is a 24/7 hotline dedicated to emotional distress related to natural or human-caused disasters.

**Trans Lifeline**  
Phone: **877-565-8860** Toll-free  
Email: [contact@translifeline.org](mailto:contact@translifeline.org)

**Hotline provided through a preparedness partnership between DHHR's Bureau for Public Health and the West Virginia Poison Center**  
**1-800-887-4304** Toll-free