

Mental Health Resources

Campus Resources

McKinley Health Center

217-333-2700

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

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

Office of the Dean of Students

217-333-0050

odos.illinois.edu

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

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

Community of Care

Resources for staff and students

odos.illinois.edu/community-of-care

Kognito-At Risk Suicide Prevention Training

ui.kognito.com

24-Hour Crisis/Emergency Resources

University Police Department

217-333-1216

110 West Springfield Ave., Urbana

police.illinois.edu

Carle Foundation Hospital

217-383-3311

611 West Park St., Urbana

carle.org

Rosecrance Mental Health Center

217-373-2430

801 N. Walnut St., Champaign

Crisis Line: 217-359-4141

rosecrancechampaignurbana.org

OSF Hospital

217-337-2000

1400 West Park St., Urbana

osfhealthcare.org/heart-of-mary

Pavilion Behavioral Health Hospital

809 West Church St., Champaign

217-373-1700

pavilionhospital.com

24 Hour Crisis Line Mental Health

217-359-4141

24 hours a day, 7 days a week



National Resources

National Suicide Prevention Lifeline

1-800-273-8255

suicidepreventionlifeline.org

National Suicide Prevention Lifeline Chat

suicidepreventionlifeline.org/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

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

KEEPING YOU
well²
excel



Student Affairs

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

McKinley Health Center

1109 S. Lincoln Avenue

Urbana, IL 61801

mckinley.illinois.edu

