

Counseling Center & University Resources

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Embedded Counselor at LAS



Student Affairs
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Counseling Center

Counseling Center

Our Mission

- The [Counseling Center](#) is committed to providing a broad range of high quality, innovative, and ethical services that address the psychological, educational, social, and developmental needs of University of Illinois at Urbana-Champaign students.
- To keep up to date with all that the Counseling Center has to offer sign up for our newsletter, [In the Know](#).



610 E. John St.
counselingcenter.illinois.edu
217-333-3704



Making an Appointment

- Our initial appointments are offered on a same-day basis, by **calling the Counseling Center at 217-333-3704**, Monday-Friday 8 a.m. to 5 p.m.
- **Generally, all initial appointments are in-person.**
- In addition, we offer the ability to schedule in-person appointments through our online portal.
- **Ability to schedule online is determined by pre-screening eligibility.**



Scan QR Code to be taken to appointment information on our website!

Urgent Appointments

- We offer same-day consultations for students who are feeling extreme distress.
- Students can come to the Counseling Center anytime during business hours. If possible, please call ahead to tell us you're coming.
- If a student needs assistance after business hours, they should call the Rosecrance Crisis Line at 217-359-4141.



Scan the QR code to learn about urgent appointments.

Group Counseling



Scan the QR Code to see all our current group counseling options!



- We offer 20+ group counseling options each semester.
- Groups usually consist of two counselors who facilitate and 8-10 students.
- Some examples of groups are: *Women of Color, Latinx Students, Gay and Bisexual Men's group, and Anxiety Management.*

Outreach Series

In-person and online programming options.

- Tuesday@7 Workshops (facilitated by paraprofessionals)
- In Focus Workshops
- Perfectionism Workshop Series
- Test Anxiety Workshops
- Recognition, Insight, Openness (RIO)
- Time Management Workshops
- Creating Alternate Alcohol Plans (CAAP)
- Marijuana Information Class (MIC)
- EVERYbody Project
- Mindfulness Drop-Ins



Scan QR Code for info about upcoming programs!

Requesting an Outreach

REQUEST A WORKSHOP

Workshops on Request usually last one to two hours and cover topics such as:

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

Workshops on Request can be requested by anyone for any type of student group and are facilitated by Counseling Center professional staff, graduate assistants, or paraprofessionals.

Workshops are not limited to these topics and can be developed towards your special interests or concerns.

If you would like to arrange for a workshop on request, follow these three steps:

1. Complete a [Workshop on Request form](#) **at least two weeks** before the workshop date.

- Any campus group can request an outreach.
- We ask for at least two weeks notice.



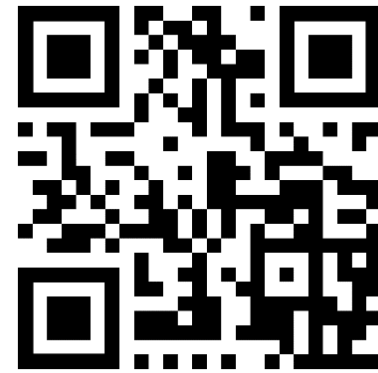
Scan the QR code to be taken to the outreach request form on our website!

Other Campus Resources

- [U of I - Mental Health and Wellness Website](#) - provides information and connections to resources offered within the university (and some beyond) for students, families, faculty and staff.
- [Student Assistant Center](#) - Assistant Deans help students understand university policies and procedures, educate them about and connect them to campus resources, and support students in crisis.
- [Suicide Incident Referral](#) - When a student expresses suicidal thoughts or communications without imminent risk, the Dean of Students Office asks that you complete a report (information on the [Suicide Intervention Policy is available here](#)).
- [Behavioral Intervention Team \(BIT\)](#) – A reporting mechanism for observable behaviors such as disrupting the educational environment, communicating a risk of violence, bringing weapons to campus, [etc.](#)

Kognito At-Risk Training

- Online training available for everyone affiliated with the University of Illinois. Takes about 30 minutes to complete.
- Simulated conversations allow you to practice what you might say to someone you are concerned is in distress.
- Tailored versions for both faculty/staff and students.
- Available at ui.kognito.com



Take the Kognito training
now!

Counseling Center



Hours of Operation

Monday, Tuesday, and Friday, 8:00 am – 5:00 pm
Wednesday and Thursday, 8:00 am – 7:00 pm

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