

Managing Semester Stresses:

Campus Resources and Information

Psychological, Interpersonal, and Academic Concerns

Counseling Center

2nd Floor, Turner Student Services Building
8:00 a.m. – 5:00 p.m., Monday through Friday
Phone: 217-333-3704
counselingcenter.illinois.edu/counseling

McKinley Mental Health

313 McKinley Health Center
8:00 a.m. – 5:00 p.m., Monday through Friday
Phone: 217-333-2700

Additional Wellness Resources

- [Student Wellness](#)
- [Campus Recreation](#)
- [COVID](#)

Stress Management/Self-Help

McKinley Health Resource Center

222 McKinley Health Center
8:00 a.m. – 5:00 p.m., Monday through Friday
Phone: 217-333-6000
mckinley.illinois.edu/relax

Health Resource Center at the Illini Union

129 Illini Union (north)
8:00 a.m. – 8:00 p.m., Monday through Friday
12:00 p.m. – 6:00 p.m., Saturday
Phone: 217-244-5994

McKinley Health Education offers individual consultations for students interested in learning relaxation and other stress/time management skills. For more information, please call 217-333-2700.

EVENTS: COUNSELING CENTER OUTREACH, PSYCHOEDUCATION AND GROUPS

RIO (RECOGNITION/INSIGHT/OPENNESS) WORKSHOP COMING SOON!

Sign up for RIO (December 1 and 8) on the Counseling Center website by going to:

<https://counselingcenter.illinois.edu/>

RIO Offers students a chance to develop skills to recognize and understand their emotions and use mindfulness principles to regulate emotions and determine what changes they'd like to make in their lives.

SUPPORT AND THERAPY GROUPS: <http://www.counselingcenter.illinois.edu/counseling/services/group-counseling/group-therapy-options>

Although most of the groups are closed due to the late date in the semester, students should be able to join groups in the Spring!

OUTREACH/PSYCHOEDUCATIONAL GROUPS:

<https://counselingcenter.illinois.edu/outreach-and-prevention/outreach-series>

Call the Counseling Center at 217-333-3704 to get more information on how to take advantage of these opportunities. *Spring Outreach Groups should be updated in the upcoming weeks!*