

## MENTAL HEALTH RESOURCES FOR UIC STUDENTS

### **UIC Crisis Services** - <https://counseling.uic.edu/crisis-services/>

- ***I think I am having a mental health crisis.***
  - During business hours (M-F, 8:30am-5pm), call the Counseling Center at 312-996-3490. You may be scheduled for a crisis consultation or connected to a counselor for an immediate assessment as needed.
  - After business hours, call the Counseling Center at 312-996-3490 and press “2” to speak with the Counseling Center After-Hours Crisis Counselor. The counselor is there to listen and help create a plan to keep you safe.
  - If you are currently under the care of a mental health professional: Follow the plan that you and your provider have established for managing crises and contact your provider in the manner as agreed upon.
- ***I want to end my life. I have a plan, and I don't think I can stop myself.***
  - Call 911 or UIC Campus Police (312-355-5555). The operator will get you the help you need. Typically, someone with training in mental health first aid will come to your location, talk to you, and help you with a plan that will keep you alive.
  - Go to the UIC Hospital Emergency Room (1740 W Taylor St Chicago, IL 60686; (312) 996-7298), or another hospital near you.
- **24-Hour Crisis Hotlines**
  - You can call the **National Suicide Prevention Hotline at 800-273-8255**. They also have an online chat that is available all day, every day:  
<https://suicidepreventionlifeline.org/chat/>
  - The **Crisis Text Line** lets you text your feelings to someone who cares. **Text HOME to 741741** and a trained crisis counselor will text back.
- **Additional Crisis Resources** for LGBTQ Students, Student Veterans, Survivors of Domestic Violence, Sexual Assault Survivors

### **UIC Counseling Center** - <https://counseling.uic.edu/>

- UIC Counseling Center services are free and are funded by your Student Health Service fees.
- **Services including Individual, Group, Peer Support, and more** - <https://counseling.uic.edu/services/>
- **Mental Health Resources** - <https://counseling.uic.edu/online-resources/mental-health-resources/>
- **Chicagoland Community Referral Database** - <https://counseling.uic.edu/online-resources/chicagoland-community-referral-database/>
- **FAQs** - <https://counseling.uic.edu/faq/>

### **UIC Dean of Students Student Assistance** - <https://dos.uic.edu/student-assistance/>

### **Office of Applied Psychological Services (OAPS)** - <https://psch.uic.edu/research-programs/clinical/office-of-applied-psychological-services/>

- **Assessment Waitlist:** *If you are interested in an assessment, please call after March 15<sup>th</sup>, 2022.*

### **Neuropsychology Clinic** - <https://www.psych.uic.edu/clinical/adult-services/neuropsychology-services>

- Focuses on comprehensive evaluations. Referral questions focus on clarifying cognitive and psychological functioning, as well as assisting with differential diagnosis and treatment planning in adults with known or suspected brain dysfunction.