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| **Chez Veterans Center**  **Campus & Community Mental Health Resources** | |
| ***University of Illinois Campus Resources*** | |
| **Ingrid Wheeler, MSW, LCSW**  Center’s Assistant Director,  Oversees Behavioral Health services  908 W Nevada, Urbana, IL 61801  (217) 300-3515  <http://woundedvetcenter.ahs.illinois.edu/>  E-mail: ithorso2@illinois.edu | **Counseling Center**  (includes Suicide Prevention Team)  Hours: 8am – 5pm, Same Day Scheduling  610 East John Street, Champaign, IL 61820  Turner Student Services Bldg. 2nd floor  (217)333-3704 (can call as early as 7:50am)  www.counselingcenter.illinois.edu |
| **Office of the Dean of Students**  *Student Assistance Center* - 8:30am-5pm  *Emergency Dean Program* - 5pm-8:30am  610 East John Street, Champaign, IL 61820  Turner Student Services Bldg. 3rd floor  (217)333-0050  www.odos.illinois.edu  E-mail: HELPdean@illinois.edu | **McKinley Health Center**  Hours: 8am – 5pm  1109 South Lincoln Ave, Urbana, IL 61801  (217)333-2705  www.mckinley.illinois.edu |
| **24-Hour Emergency/Crisis Resources**  **\*\*Emergency 911\*\*** | |
| **Veteran’s Crisis Line**  1(800)273-8255, Press 1  Text to 838255  www.veteranscrisisline.net | **Champaign County Crisis Line**  217-359-4141 |
| **U of I Police Department**  110 West Springfield Ave, Urbana, IL 61820  (217)333-1216 (non-emergency)  [www.dps.uiuc.edu](http://www.dps.uiuc.edu) | **OSF Healthcare (Emergency Room)**  1400 West Park Street, Urbana, IL 61801  (217)337-2000  <https://www.osfhealthcare.org/heart-of-mary/> |
| **Carle Foundation Hospital (Emergency Room)**611 West Park Street, Urbana, IL 61801  (217)383-3311  [www.carle.org](http://www.carle.org) | **Pavilion Behavioral Health Hospital**  809 West Church Street, Champaign, IL 61820  (217)373-1700  www.pavilionhospital.com |
| **Rosecrance**  801 N. Walnut, Champaign, IL 61820  866-844--6065  http://www.rosecrance.org |  |
| **Additional National and Community Resources** | |
| **VA Illiana Health Care System**  1900 E. Main St., Danville, IL 61832  (217)554-3000  -or-  (800)320-8387 |  |
| **Military One Source**  Non-medical counseling  www.militaryonesource.mil  (800)342-9647 | **Vets Prevail**  vetsprevail.org |
| **Defense Centers of Excellence**  24/7 phone and online chat counseling/referrals  www.dcoe.mil  (866)966-1020 | **National Center for PTSD**  PTSD Online Coach and App  www.ptsd.va.gov/public/treatment/cope/index.asp |
| **Wounded Warrior Project**  www.woundedwarriorproject.org  (888)WWP-ALUM (977-2586  -or-  (904)405-1213 | **Illinois Warrior Assistance Program**  24/7 phone counseling/referrals  [www.illinoiswarrior.com](http://www.illinoiswarrior.com)  (866)554-4927 |
| **Substance Abuse and Mental Health Services Administration (SAMHSA)**  http://findtreatment.samhsa.gov  1(800)662-HELP (4357) | |
| **Give An Hour**  Provides free in-person counseling to veterans (number of sessions depends on individual provider) - no payment/insurance information should be exchanged  www.giveanhour.org | |
| **The Jed Foundation**  [www.jedfoundation.com](http://www.jedfoundation.com) | **National Alliance on Mental Health**  [www.nami.org](http://www.nami.org) |
| **Trevor Lifeline for LGBTQ**  [www.thetrevorproject.com](http://www.thetrevorproject.com) | **Active Minds**  [www.activeminds.org](http://www.activeminds.org) |
| **Transition Year for parents and students**  Interactive roadmap to emotional health  www.transitionyear.org |  |