|  |
| --- |
| **Chez Veterans Center****Campus & Community Mental Health Resources** |
| ***University of Illinois Campus Resources*** |
| **Ingrid Wheeler, MSW, LCSW**Center’s Assistant Director,Oversees Behavioral Health services908 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 Scheduling610 East John Street, Champaign, IL 61820Turner 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-8:30am610 East John Street, Champaign, IL 61820Turner Student Services Bldg. 3rd floor (217)333-0050www.odos.illinois.eduE-mail: HELPdean@illinois.edu | **McKinley Health Center**Hours: 8am – 5pm1109 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 838255www.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)373-1700www.pavilionhospital.com |
| **Rosecrance**801 N. Walnut, Champaign, IL 61820866-844--6065http://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 Appwww.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.gov1(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 exchangedwww.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 |  |