

# Mental Health & Community: Online & Physical Distancing Edition



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## PHYS 110 Survey

Over half

- Have positive self-talk and self-image
- Feel unmotivated at least once or twice in past week
- Feel scared by current state of world at least one or twice in past week
- Feel overwhelmed by challenges at least one or twice in past week
- More tired during quarantine

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# Mental Health Tips

- Establishing and following consistent routines
- Be honest with yourself and others
- Mindfulness (not always meditation)
- Physical wellness activities help
- Maintaining social connections (even online and with physical distance)

- “You know, one of the greatest gifts that we can give another person is the gift of our full attention. And often when we think about serving, we think, what can I tell somebody to help them fix something? And what can I do to change a problem in their life? But we often forget that simply showing up and listening can be an extraordinarily powerful experience. If you've ever felt deeply listened to by somebody else, you know that that experience helps you feel seen and appreciated and understood. And that is a very, very powerful antidote to loneliness and to disconnection.” -Vivek Murthy, MBA, MD (19th Surgeon General of the US)

# Physical Distance ≠ Isolation

- Physical distance does not **have to** create loneliness and isolation
- Share genuine experiences, feelings thoughts with a trusted peer or loved one
- Made space (time, attention) to actually hear what others are saying
- Be creative in how you connect
  - Combine wellness activities, games, etc. with online conversations
  - Go outside while maintaining public health safety


<http://www.counselingcenter.illinois.edu/>




# How to Find Us

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[counselingcenter.illinois.edu](http://counselingcenter.illinois.edu)

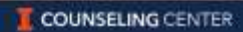
217-333-3704



## Hours of Operation\*

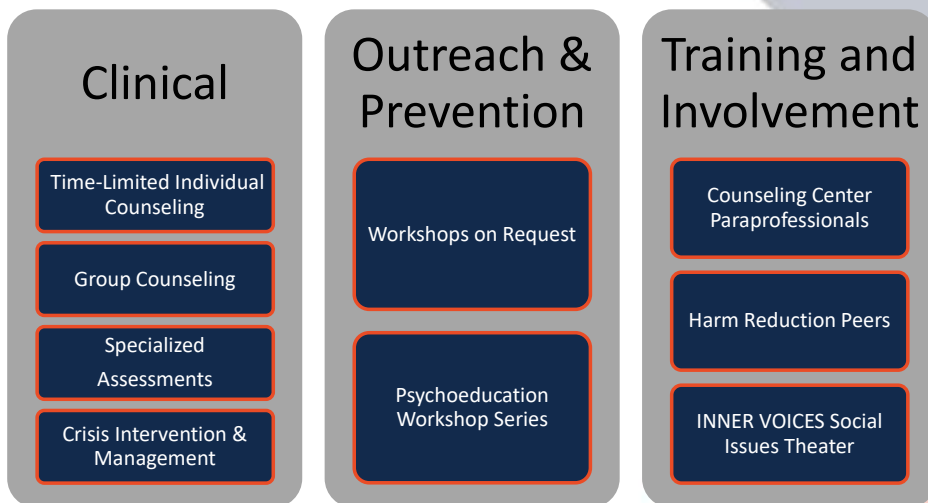
Monday, Tuesday, and Friday: 8:00 am – 5:00 pm  
Wednesday & Thursday: 8:00 am – 5:00 PM

The Counseling Center is providing quality services in a way that best protects our students, staff, and campus community. For Fall 2020, we will be offering counseling (individual and group) and outreach programming online ([request an outreach](#)). Learn more at <https://blogs.illinois.edu/view/6107/1280512157>



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# Counseling Center Services Overview



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# Counseling Services



Initial Appointment (IA)\*



Initial Consultation (IC)\*



Time-Limited Therapy\*



Urgent/Crisis Calls\*



Group Therapy\*

\*For Fall 2020 all counseling (individual and group) will be offered online using a PHI-version of Zoom (HIPPA compliant).



# Training & Involvement



Counseling Center Paraprofessionals



ACE-IT Peer Educators and Harm Reduction Peers



INNER VOICES Social Issues Theater



Pre-Professional Graduate Assistantships



Practicum Counselors



MSW Internship



Doctoral Internship in Health Service Psychology



### Outreach Series

- In Focus Workshop
- Perfectionism Workshop
- Performance/Test Anxiety Workshops
- Recognition, Insight, Openness (RIO)
- Time Management Workshop
- Drop-In Mindfulness

### Tuesday@7 Workshop Series

- Facilitated by Paraprofessionals
- Variety of topics: mental health, wellness, academic success
- Weekly beginning September 8, 2020
- [go.illinois.edu/Tuesday\\_7](https://go.illinois.edu/Tuesday_7)

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## Kognito At-Risk Training

- Teaches skills to recognize distress in others, talk to them about it, and connect them with resources that can help.
- Modules for students and faculty/staff.
- Modules specific to concerns of LGBTQ individuals and student veterans.

[counselingcenter.illinois.edu](https://counselingcenter.illinois.edu)

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# Questions?

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