

# PHYS 110

Today:

- Jeffrey Graham (Counseling Center)
- Mentor breakroom rooms (discuss survey)

No class next week: Labor Day

# Resources

**Merissa Milton:** everything!

## UIUC:

- Telehelp (online counseling for students with United Healthcare): <http://telehelp4students.com>
- Counseling Center: **(217) 333-3704** (pro tip: when making an appointment you should call right at 8am, as they only make same-day appointments!) or go to <https://counselingcenter.illinois.edu/counseling>
- UIUC Psych Department's List of Covid-19 Mental Health Resources: <https://docs.google.com/document/d/1-TafDvSzmPdyxWhrbxOjLxDgFNlzHaQIX6cCKC3dcKU/edit#heading=h.bnwfewihv1z3>
- DRES Mental Health Resources: **(217) 333-1970** or go to <http://disability.illinois.edu/health/mental-health-resources>
- McKinley Health Center Mental Health: Appointments (only by phone): **(217) 333-2701** Website: <https://mckinley.illinois.edu/medical-services/mental-health> **Emergency: (217) 359-4141**
- Psychological Services Center: **(217) 333-0041** or go to <http://psc.illinois.edu/>
- Campus Well-Being Services: **(217) 265-9355** or go to <http://humanresources.illinois.edu/campus-wellbeing-services/about.html>

## RSOs:

- NAMI: <https://www.facebook.com/namioncampusuiuc/>
- Active Minds: <https://www.facebook.com/ActiveMindsUIUC/> or <https://www.activeminds.org/chapter/university-of-illinois-at-urbana-champaign/>
- STEM Mental Health Group: <https://discord.gg/57uQCBT>
- MannMukti: <https://www.facebook.com/MannMuktiUIUC/> or <https://www.instagram.com/mannmuktiuiuc/>

## Local and State:

- 24/7 Champaign-Urbana Crisis Helpline: **1-217-359-4141**
- Rosecrance Substance/Mental Health Helpline: **1-866-330-8729** or go to [rosecrance.org](http://rosecrance.org) for more services
- Illinois Warm Line: **1-866-359-7953** or go to [illinoismentalhealthcollaborative.com](http://illinoismentalhealthcollaborative.com)
- NAMI Champaign: **(217) 419-5345** or go to <http://www.namichampaign.org>

## LGBTQ+ National Resources:

- Trevor Project Support Center: [https://www.thetrevorproject.org/trvr\\_support\\_center/mental-health/](https://www.thetrevorproject.org/trvr_support_center/mental-health/)
- LGBT National Youth Talkline: **1-800-246-7743**
- NAMI: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI>

## National:

- 24/7 Crisis Helpline: **1-800-273-8255**
- 24/7 Crisis Textline: Text **HELLO** to **741741** or go to [www.crisistextline.com](http://www.crisistextline.com)
- NAMI Helpline: **800-950-6264**
- Website for finding mental health Medical Providers: [www.psychologytoday.com/us](http://www.psychologytoday.com/us)
- National Suicide Hotline (Not trained to handle all crises): **1-800-273-8255**
- **Call 911 if there is a mental health and/or life-threatening emergency.**

# SKY meditation and yoga group

<https://www.facebook.com/skyatuiuc/>

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**Photos**

**SKY Happiness Retreat**  
ALL SESSIONS WILL  
April 24 to 26 2020

Diagram illustrating skills and topics covered in the retreat:

- Team Skills
- Communication
- Decision Making
- Leadership
- Decision Making
- Optimism
- Creativity & Innovation
- Management
- Time Management

Anneli Richmond, Director of Sky Campus

**Community** See All

500 people like this  
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Contact SKY at UIUC on Messenger  
aoluiuc.weebly.com  
Community

**Page Transparency** See More

Facebook is showing information to help you better understand the purpose of a Page. See actions taken by the people who manage and post content.

Page created - August 22, 2014



USE TIME WISELY

Online Time Management Workshop

We know it's not easy to stay focused right now, so we've put together an online version of our time management workshop. Access it anytime!



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



# CCP INSTRUCTORS

## Jeffrey Graham, M.A. - CCP Program Coordinator



I have served as the Program Coordinator since Fall 2016. I have spent almost 10 years in higher education, including in college admissions, academic advising, and teaching. During that time, I also gained as a part-time hospital-based addiction recovery counselor. I earned my B.A. in History (Social Sciences) Education and Theatre Education from Illinois State University and my M.A. in Clinical Mental Health Counseling from Adams State University. Being program coordinator has afforded me the opportunity to combine my passions for education and mental health.

As an instructor, I aim to be collaborative and experiential; I also use critical pedagogy techniques when appropriate, giving students the space to consider their roles in their education and social environments. From a counseling standpoint, I tend favor cognitive behavioral, person-centered, and mindfulness techniques. I look forward to working with the CCP program and integrating my professional experience into my responsibilities.

# Breakout rooms

- Use Zoom link from peer mentor
- Discuss mental health survey
- Return to this Zoom in about 10 minutes!