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-TafDvSzmPdyxWhrbxOjLxDgFNlzHaQlX6cCKC3dcKU/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.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 for more services
- Illinois Warm Line: 1-866-359-7953 or go to illinoismentalhealthcollaborative.com
- NAMI Champaign: (217) 419-5345 or go to http://www.namichampaign.org

LGBTQ+ National Resources:

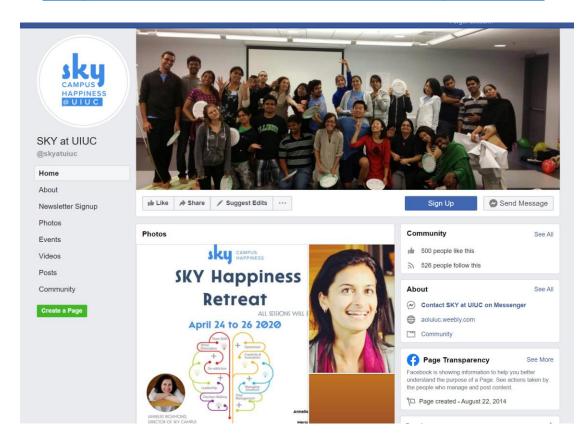
- Trevor Project Support Center: https://www.thetrevorproject.org/trvr_support_center/mental-health/
- LGBT National Youth Talkline: 1-800-246-7743
- NAMI: https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI

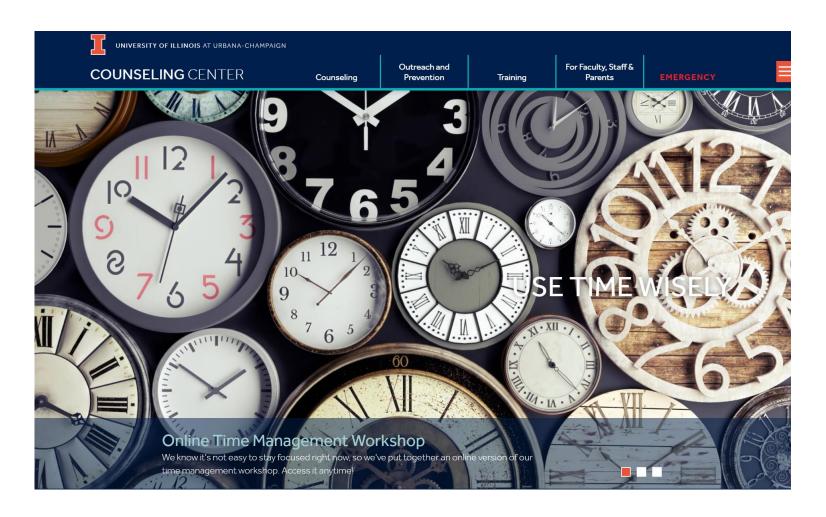
National:

- 24/7 Crisis Helpline: **1-800-273-8255**
- 24/7 Crisis Textline: Text HELLO to 741741 or go to www.crisistextline.com
- NAMI Helpline: 800-950-6264
- Website for finding mental health Medical Providers: 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/





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 edcuation, 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!