A Counselor from the University Counseling Center will be available via zoom to provide consultations to students until one week prior to finals week.

Students have the opportunity to meet for an array of issues that may be affecting their academic, social, or emotional functioning. Issues may include:

- Relationship/Family Problems
- Procrastination
- Depression
- Anxiety (including Test Anxiety)
- Adjustment to College
- Grief and Loss
- Concerns about substance abuse
- Other issues that may be causing stress or decreased functioning.

Counseling Center Consultation at Engineering Hall
Tuesdays & Wednesdays 4-5 PM by appointment

SCHEDULE A CONSULTATION:
Students may call 217-244-7151 to schedule a consultation by phone.

Faculty and Staff:
If you are concerned about the safety of any student, The University Counseling Center staff are available to provide consultation, guidance, and response to ensure the safety and well-being of the student. You can call the Counseling Center M-F 8 a.m.-5 p.m. at 217-333-3704 or after 5 p.m. contact the psychological emergency line 217-244-7911.

What can the student expect during the consultation?

- Opportunity to discuss issues that may be affecting them academically, socially, or emotionally and negatively impacting their academic performance.
- To be provided with support and recommendations to improve their functioning by way of coping skills and referrals to campus or community programs.
- Confidentiality and privacy. Information from these consultations will not be shared with anyone without the written permission from the student.

Got Questions or Concerns about a student?
University of Illinois Counseling Center
Call: 217-333-3704

What the consultation is not.

- Therapy/Counseling Sessions. If it is determined that this short or long term counseling is recommended the student will be provided with referrals as appropriate.
- Academic Counseling regarding course load and class schedules. Students should be referred to an academic advisor or the University Career Center.

Participation in a consultation does not make you an active client of the University Counseling Center