

Crisis Intervention Resource List

Emergency Telephone System - 911

Crisis and/or Suicide Hotline trained helpers available 24/7 1-800-273-8255
Crisis Text Line: 741-741 text TALK

Emergency Response Service - trained helpers can transport a person who is actively suicidal

- Peoria: (309) 671-8084
- Tazewell County: (309) 347-1148

Contact Numbers of UICMOP Employees: (reverse side)

Campus Security/Facilities Management Cell Phone (309)-208-7719

- Facilities Management/Maintenance carries this phone 7:00 – 5:00 Monday – Friday
- Campus Security carries it all other hours of the week

UICOMP Main Number (Security Desk, Brian Hale) (309) 671-3000

Gary Edwards, Superintendent of Building Maintenance (309) 671-8523

Methodist Hospital Security (309) 672-5921

OSF Hospital Security (309) 655-2131

Proctor Hospital Security (309) 589-2636

Pekin Hospital Security (309) 353-3465

Center for Prevention of Abuse - For victims of sexual assault or domestic violence
1-800-559-7233

National Child Abuse Hotline 1.800.4.A.CHILD (1-800-422-4453)

National Domestic Violence Hotline 1-800-799-SAFE (1-800-799-7233)

Rape, Abuse, and Incest National Network (RAINN) 1-800-656-HOPE (1-800-656-4673)

The Trevor Project Crisis intervention and suicide prevention services for LGBTQ ages 13-24
1-866-4.U.TREVOR (1-866-488-7386)

Helpful Online resources:

- American Foundation for Suicide Prevention - toolkit for after death of med stud: www.Afsp.org/physician
- <https://acgme.org/What-We-Do/Initiatives/Physician-Well-Being>
- https://www.aamc.org/members/gsa/committees_gsa/cosa/54700/cosa-crisis-management-resource.html

UICOMP – Employees to Contact Regarding Student Concerns

Office

- Dr. Eileen Doherty (309) 671-8410
 - Reyna Ulrich (309) 671-8476
 - Kristina Peckmann (309) 671-8433
 - Elizabeth Kellington (309) 671-8416
 - Jaymi Belcher (309) 671-8411
 - Loni Wenzel (309) 671-8409
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- Student Counselor, Deb Disney (309) 495-1671
If she is in session with a student, she does not answer her phone. If there is an urgent need, you can call the reception desk and ask them to knock on her door to give her a message. That number is (309) 495-1640.

APPS

Learning meditation FOR LONG-TERM development of a calmer baseline:

- Insight Timer: <https://insighttimer.com/>
- Headspace: www.headspace.com

Using breath for calmness in the moment:

- Breathe to Relax: <https://t2health.dcoe.mil/apps/breathe2relax> (iOS and Android)
- Universal Pranayama Breathing: <http://www.saagara.com/apps/breathing/universal-breathing-pranayama> (iOS and Android)
- Paced Breathing: <http://pacedbreathing.blogspot.com/> (Android only)