

Wellness Resources

Compiled by UICOMP Center for Wellbeing

Confidential Counseling

Center for Wellbeing

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Online and Other Resources

Grief

- [Ways to Help Someone Who is Grieving](#)
- [Grief Support Groups](#)
- [Center for Loss & Life Transition](#)

Mental Health Screening

UIC offers an anonymous online [mental health screening](#) if you are struggling personally or are concerned about a friend and want more information. You will receive results, recommendations, and Peoria-specific resources.

Self-help

[Clinician Wellbeing](#)

[Work and Well-Being Toolkit for Physicians](#)

[Relaxation Techniques](#)

UIC resources

- <https://counseling.uic.edu/online-resources/mental-health-resources/>
- <https://counseling.uic.edu/online-resources/mental-health-resources/self-care/>

[Healthcare Burnout](#)

- <https://uofi.box.com/s/0692t1ovch6kj6hx2857axs8m82yymyl>

Suicide Prevention and Crisis Hotlines

911 – When an individual is at imminent risk

[National Suicide Prevention Hotline](#)

- Available 24/7 by phone: 1-800-273-8255 (TALK)

[Online chat](#) available or call 1-800-799-4889

Local 24-hour Crisis Center/Service at the Human Service Center: (309) 671-8084

[Suicide prevention resources](#)

[ERS \(Emergency Response Service\)](#) - (309) 671-8084

- A team of crisis counselors who respond to psychiatric emergencies, drug/alcohol emergencies, suicide interventions, family or relationship difficulties, non-criminal police contacts, and requests to meet basic living needs.

Heart of Illinois 2-1-1

[Heart of Illinois 2-1-1](#) maintains a comprehensive database of local health and human care programs as well as volunteer opportunities, in Peoria, Tazewell, Woodford, Marshall, Putnam, and Stark counties.

If you dial 211 and cannot connect, call the information line at (309) 999-4029