Wellness Resources
Compiled by UICOMP Center for Wellbeing

Confidential Counseling
Center for Wellbeing
Debra Disney, MSEd, LCPC
ddisney@uic.edu or (309) 495-1671
Methodist Atrium Building, 900 Main Street, Suite 720

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/0692t1ovch6kj6hx2857axs8m82yyymy

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