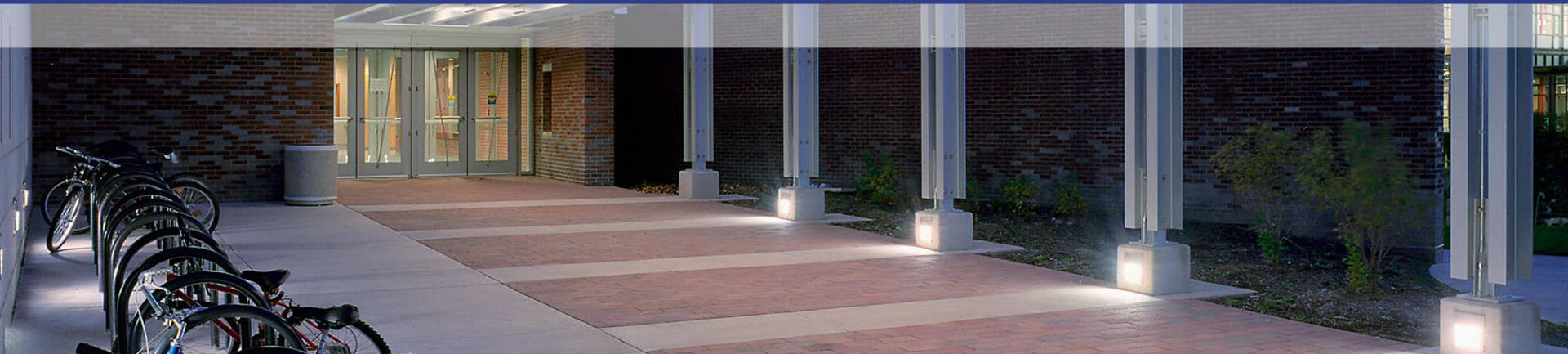


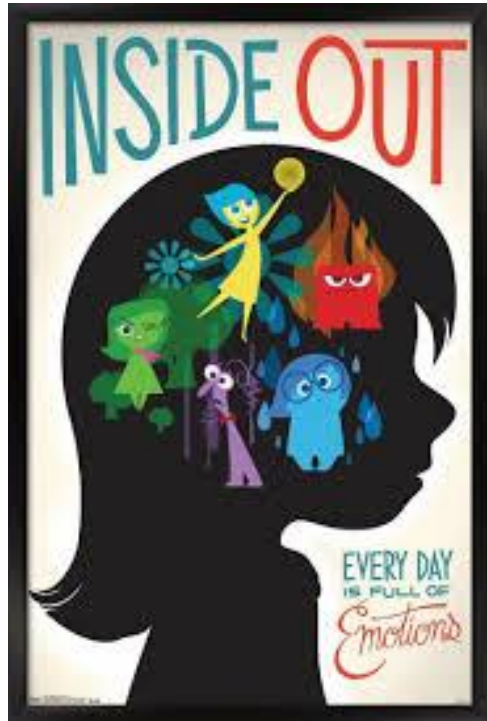
CS 100

Wellness & Safety



COMPUTER SCIENCE • UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN





I'm So Glad You're Alive

-National Suicide Prevention Lifeline

988



Counseling Center

<http://counselingcenter.illinois.edu/>

- **Not just about sadness**

- Academic Difficulties, Adjustment to College Life, Alcohol/Drug Abuse and Addictions, Depression, Diversity and Cultural Difference, Eating and Body Image Concerns, Family Difficulties, Grief and Loss, LGBT Concerns, Recovering from Trauma, Relationship Problems, Self-Awareness/Self-Care, Stress and Anxiety and much more



Connie Frank CARE (Coordination, Assistance, Response, and Education) Center Student Assistance Center

Do you know the difference between Dean on Duty vs
Emergency Dean?

300 Turner Student Services Building

- 217-333-0050

<http://odos.illinois.edu/community-of-care/student-assistance-center/>



McKinley Health Center

<http://www.mckinley.illinois.edu/>

- Cold Care Pack
- Flu shots
- COVID booster
- Dial a nurse
- Online scheduling
- Free meds or low-cost prescriptions
- and so much more



Educate yourself about your student insurance.

They have a Wellness Guide (app)

<http://mhcwellness.illinois.edu/>

Disability Resources & Educational Services (DRES)

<http://disability.illinois.edu/>

Academic Support

Letter of Academic Accommodations

Covers a wide area of disabilities, many students do not even realize they are eligible for these additional services.



OVER 200% increase of undergraduate students in the last 10 years that identify as having a disability, with the largest growth in ADHD and mental health

Are you certified in CPR?

First Aid Mental Health Training

Illini-Alert

<https://techservices.illinois.edu/services/illini-alert>

Did you know: Your parents can sign-up for this too!

Make sure your emergency contact is on record and up to date in self-service.



Safety

SafeWalks

SafeWalks is a courtesy service provided to University of Illinois students, faculty, or staff, so that they do not have to walk alone within the campus area. People who are interested in a SafeWalk should contact the University of Illinois Police Student Patrol.

Operating hours:

Everyday: 9 pm-2:30 am

Please give at least 20 minutes notice for the SafeWalk.

Contact: Call (217) 333-1216 or press an emergency phone button and wait for the dispatcher.

<https://police.illinois.edu/service/safewalks/>



SafeRides

SafeRides is a limited MTD service that provides safe transportation for individuals who are generally traveling alone when no other means of safe transportation is available.

The purpose of SafeRides is to provide safe transportation to individuals who are generally traveling alone when no other means of safe transportation are available within the designated 335 SafeRides boundaries

There is no SafeRides service during summer session I and II and reduced during any break.

Contact: Call (217) 265-7433 or visit <https://mtd.org/riding/mtd-services/>

Hotlines to Call for Help

Call the following numbers for health and safety information:

- Emergency 9-1-1
- Find Substance Abuse and Mental Health Treatment
800-662-HELP (4357)
- National Domestic Violence Hotline
800-799-SAFE (7233)
- National Suicide Prevention Lifeline
~~800-273-TALK (8255)~~ NOW 988
- National Sexual Assault Hotline
800-656-HOPE (4673)



Steps you can take!

- Eat a balanced diet
- Get enough sleep
- Get regular physical activity
- Maintain your health with checkups and vaccinations
- If you decide to have sex, practice safe sex
- Make smart choices about alcohol and drugs
- Get help if you are stressed or depressed



TALK TO SOMEONE #IAmStigmafree

Learn your resources and know we are here for you!

Additional Resources

The JED Foundation

<https://jedfoundation.org/>

NAMI, National Alliance on Mental Illness

<https://www.nami.org/>

Rosecrance

<http://www.rosecrance.org/>

Mental Health is Health

<https://www.mentalhealthishealth.us/>



College Offices

Engineering: Grainger Library 4th Floor East Wing, walk-in advising 8:30-4:30

<https://advising.grainger.illinois.edu/advising/meeting>

LAS 2090 Lincoln Hall

<https://las.illinois.edu/academics/advising>

Media 18 Gregory Hall

<https://media.illinois.edu/student-resources/academic-advising>

FAA 608 E Lorado Taft Dr

<https://faa.illinois.edu/current-students/academic-support-policies/meet-our-staff>

ACES 227 Mumford Hall

<https://aces.illinois.edu/academics/contact-office-academic-programs>

Education 1310 S 6th St

<https://education.illinois.edu/programs/undergrad>

Stop by

CS Undergraduate Advising Office
1210 Siebel Center 8-11:45 & 1-4:45

CS CARES

<https://cs.illinois.edu/about/cs-cares/contact>

Embedded Counselors

<https://counselingcenter.illinois.edu/about-us/embedded-counselors>



Greg Baugues Video

Here's a few things about Greg:

- Greg and Rachel have two young daughters, Emma & Julia.
- They recently [moved to New York City](#) (more like 7 years ago) after [eleven years in Chicago](#).
- He did serves on the [developer evangelism team at Twilio](#).
- He has [bipolar disorder](#) and [speaks](#) quite a bit about developers and depression. Here are some of his greatest hits: <https://www.baugues.com/talks/>
- Today Greg recommends reading: <https://zachholman.com/posts/the-depression-thing>

Zach Holman, formally of Github, published this article.

<https://www.youtube.com/watch?v=vVhwy0qZ8kA>

