



STUDENT COUNSELING SERVICES

Illinois State University

Our students are important to us and we make every effort to get students connected to the appropriate services as quickly as possible. However, there are times students do experience delays. Should that occur, please feel free to check in with your intake counselor if you want updated information about the waitlist, or if you want to explore other options such as group, or a community referral. Before your next appointment, please consider several other resources:

WellTrack & On-line Self-Help Resources

WellTrack is a downloadable app available to you as an ISU student. Using principles of Cognitive Behavior Therapy, WellTrack is an interactive tool that allows you to identify, understand, and address issues you may experience with anxiety and stress, depression and/or public speaking. The SCS webpage also contains many other resources for a variety of common concerns. More information can be found at: <https://counseling.illinoisstate.edu/self-help/>. The WellTrack app can be downloaded through the App Store or Google Play.

Referral Support

If you decide not to wait to be seen at SCS, you are welcome to speak to your intake counselor for assistance with a referral for counseling options in the community. You may also identify and locate a mental health provider in the community by accessing our Off Campus Referral Database (<https://illinoisstate.knack.com/scs-local-providers-referral#home/table-view/>) or by using the Find a Therapist section of Psychology Today (<https://www.psychologytoday.com/us/therapists>).

Emergency Support

SCS has counselors available to meet face-to-face with students who are experiencing a mental health emergency between 10:00 AM and 4:30 PM Monday – Friday and 10:00 AM – 7 PM Wednesdays. If you are experiencing an emergency outside of these hours, you may speak with a counselor by coming to SCS or by calling SCS (309-438-3655) and pressing ‘2’ or calling (855) 256-2188 directly to connect for support.

Additional State and National Helpline Information

Providing Access to Help (PATH): **309-827-4005 OR dial 211**

Crisis Text Line – Students of Color Text ‘STEVE’ to **741741**

Suicide Prevention Lifeline – **800-273-TALK (8255)**

Military Veterans Suicide Hotline: **1-800-273-TALK (Press 1)**

Suicide Hotline in Spanish: **1-888-628-9454**

LGBT Youth Suicide Hotline: **1-866-4-U-TREVOR**

Trans Lifeline - **877-565-8860**

If you have any questions about this process or anything else, do not hesitate to ask. We appreciate your cooperation and your patience!