

# Additional Mental Health Resources

**Veterans Crisis Line**  
(800) 273-8255 (press 1)

**The Trevor Project**  
(GLBTQ Youth Suicide Hotline)  
(866) 488-7386

**National Suicide Hotline**  
(800) 273-8255

**Self-Harm and Depression Crisis Text Line**  
Text CONNECT to 741741

**Guardian Angel Community Services**  
*Domestic violence and sexual assault support*  
(815) 729-1228  
[www.gacprograms.org](http://www.gacprograms.org)

**NAMI of Will-Grundy County (National Alliance on Mental Illness)**  
(815) 409-7917  
<http://namiwillgrundy.org>

**Alcoholics Anonymous – Joliet**  
*Leave a message to receive a call back*  
(815) 741-6637

**Narcotics Anonymous**  
(24/7 Hotline)  
(708) 848-4884

**NEDA (National Eating Disorders Association)**  
(800) 931-2237

**SAMHSA Hotline (Substance Abuse and Mental Health Services Administration)**  
(800) 662-4357

**National Teen Abuse Hotline**  
*Call the number below or text LOVEIS (love is) to 22522*  
(866) 331-9474

**National Domestic Violence Hotline**  
(800) 799-7233  
[www.thehotline.org](http://www.thehotline.org)

**National Sexually Transmitted Disease Hotline**  
(800) 232-4636

**Transgender Suicide Hotline**  
(877) 565-8860

**Al-Anon**  
*Support for family members of substance users*  
(815) 773-9623  
[www.niafg.org](http://www.niafg.org)



## Student Wellness Program - Mental Health

Room A-1100, Main Campus

Phone: (815) 280-2936

Email: [mentalhealthservices@jjc.edu](mailto:mentalhealthservices@jjc.edu)

Website: [jjc.edu/mental-health](http://jjc.edu/mental-health)

Office Hours:

Please visit our website for current hours.

### Online appointments:

Please visit <https://jjc.titaniumhwc.com/> and fill out the new client/appointment request for mental health services form.

**Dean of Students: Main Campus A-1100**

**Cyndi Vasquez-Barrios**

**(815) 280-2309 • [cyvasque@jjc.edu](mailto:cyvasque@jjc.edu)**

**Student Wellness Advocate: Main Campus A-1100**

**Jessica Contreras (815) 280-6881 • [jecontre@jjc.edu](mailto:jecontre@jjc.edu)**

**Heidi Stukel (815) 280-2677 • [hstukel@jjc.edu](mailto:hstukel@jjc.edu)**

**Student Wellness Advocate: Romeoville Campus RMA 1034**

**Ausra Tauginaitė (815) 280-6897 • [ataugina@jjc.edu](mailto:ataugina@jjc.edu)**

**Coordinator, Case Management: Main Campus D-1010**

**Mike Liacone (815) 280-6608 [mliacone@jjc.edu](mailto:mliacone@jjc.edu)**

For after-hour crisis intervention, please call 911 or visit your nearest emergency room.



@mentalhealthjjc

1121-MCS-sm



## Mental Health Services

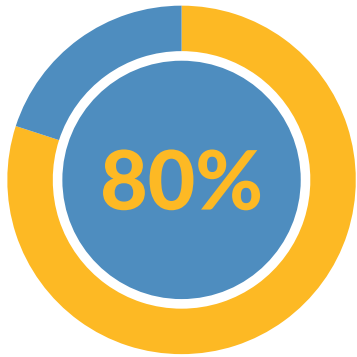
# Student Wellness Program



**JOLIET**  
JUNIOR COLLEGE

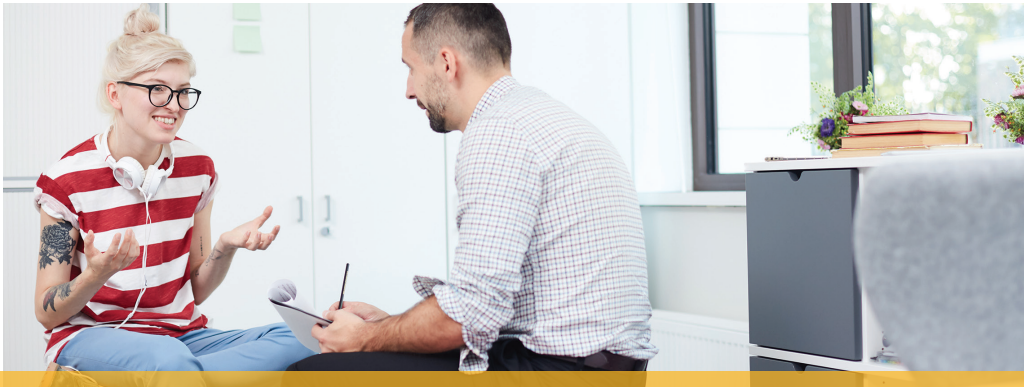
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OFFICE OF STUDENT RIGHTS  
AND RESPONSIBILITIES



**80% of students feel overwhelmed by their responsibilities.**

*Source: NAMI - College Students Speak: A Survey Report on Mental Health, 2012*



*Our mental health professionals provide a safe environment in which students are supported in their effort to learn, grow, and achieve their academic and personal goals and dreams.*

**Student Wellness Program**

Our office provides professional mental health services to JJC students by:

- Addressing students’ emotional and behavioral needs
- Creating programming to increase healthy lifestyle behaviors and coping skills
- Providing advocacy for JJC mental health initiatives

**Counseling and Mental Health Services**

Our student wellness advocates (clinically licensed mental health providers) will provide sessions of confidential and individual counseling to students whose educational or social experience is being negatively impacted. Services include:

- Assessment
- Confidential, individual counseling
- Crisis interventions services
- Workshops, presentations to groups
- Group therapy sessions
- Outreach activities
- Consultation and training for faculty and staff

**Case Management Services**

Our case management coordinator is a clinically licensed professional therapist who supports students with confidential counseling and additional off-campus resources, including:

- Personal mental health and wellness support
- Relationship conflicts
- Personality or social adjustment issues
- Physical health and nutrition
- Trauma recovery
- Victim advocacy
- BIT (Behavioral Intervention Team)

**First Contact**

Students will either meet with a professional on the same day they reach out for help or within a day or two. Their first appointment will last one hour and will include:

- Pre-appointment questionnaire
- Assessment
- Information about what to expect from the process
- A health and wellness questionnaire
- Discussion on the student’s issues or concerns and future goal setting
- A follow-up appointment scheduled for another individual 45 minute session and/or group session (as needed)
- Sign consent form

Remote services are also available via phone or our HIPAA compliant platform at doxy.me with your assigned support.

**Group Sessions**

Groups give students the opportunity to share experiences, learn new perspectives and experiment with new behaviors in a safe, supportive environment. Group sessions are reviewed each semester to meet changing needs.

Visit MyJJC for Mental Health and Wellness Services for upcoming virtual events.  
<https://my.jjc.edu/student-services/mhw/Pages/Upcoming-events.aspx>

**Confidentiality**

All records are confidential and are not part of JJC academic records. Information is only shared when written permission is granted by the student. Exceptions only occur when it is ordered by the court or when a person poses a threat to his/her/their own safety or the safety of others.

**Appointments**

To request an appointment:

- Call Kellie at (815) 280-2936
- Email [MentalHealthServices@jjc.edu](mailto:MentalHealthServices@jjc.edu)
- Visit A-1100 on Main Campus
- Visit [jjc.titaniumhwc.com](http://jjc.titaniumhwc.com) and fill out the “New Client - Appointment Request for Mental Health Services” form.

In an emergency, while on campus, call (815) 280-2234.

**Eligibility and Cost**

Confidential, time-limited case management services with student wellness advocates are available free of charge to all currently enrolled, credit-seeking students. Case management is also available for all students through our case management coordinator. Depending on need, students may be referred to outside services. Those costs are assessed by the individual agencies/services. JJC will try to refer students to outside resources that may meet their ability to pay.

**Online Confidential Mental Health Screening**

Free and anonymous online screenings for eating disorders, alcohol misuse, anxiety disorders and depression are offered at [screening.mentalhealthscreening.org/jjc](http://screening.mentalhealthscreening.org/jjc). This service is informational only and not a diagnostic tool.