

Additional Mental Health Resources

Veteran's Crisis Line
(815) 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

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

Addiction Hotline
(888) 633-3239

Depression Hotline
(866) 236-3834

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

National Sexually Transmitted Disease Hotline
(800) 227-8922

Eating Disorders Hotline
(800) 442-4673

Self-Harm Hotline
(800) 273-8255

Transgender Suicide Hotline
(877) 565-8860

Al-Anon
Support for family members of substance users
(815) 773-9623
www.niafg.org



Student Wellness Program
(Located in the **Office of Student Rights & Responsibilities**)
Room A-1100, Main Campus
Phone: (815) 280-2936
Email: mentalhealthservices@jjc.edu
Website: jjc.edu/mental-health

Office Hours:
Please check our website for up-to-date hours of operation. Visit jjc.edu/mental-health

Request Appointments online:
<https://jjc.titaniumhwc.com/>

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

Dean of Students Cyndi Vasquez-Barrios
(815) 280-2309 • cyvasque@jjc.edu

Student Wellness Advocates
Jessica Contreras (815) 280-6881 • jecontre@jjc.edu
Ausra Tauginaite (815) 280-6897 • ataugina@jjc.edu

Case Management Coordinator
Heidi Stukel (815) 280-2677 • hstukel@jjc.edu

Mental Health Services Student Wellness Program

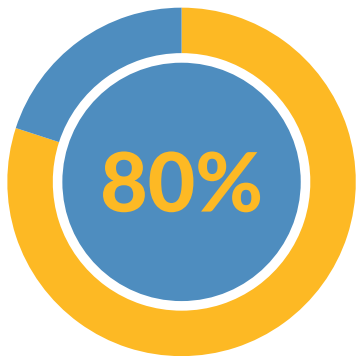


JOLIET
JUNIOR COLLEGE
— 1901 —

OFFICE OF STUDENT RIGHTS
AND RESPONSIBILITIES



@mentalhealthjjc



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 counselor who supports students with confidential counseling and additional off-campus resources.

- 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:

- 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
- Visit A-1100 on Main Campus
- Visit jjc.titaniumhwc.com and fill out the "New Client - Appointment Request for Video/Phone Sessions" form.

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

Eligibility and Cost

Confidential, time-limited counseling services with student wellness advocates are available free of charge to all currently enrolled, credit-seeking students. Counseling 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. This service is informational only and not a diagnostic tool.