

About Us

JJC's **Center for Student Wellness and Support** is dedicated to the well-being of all enrolled students, offering free, confidential, short-term services with licensed therapists, counseling interns or care coordinators. We provide personalized care to meet each student's unique needs. If additional support is needed, we connect students with external resources. While some outside services may have fees, we strive to find accessible options that respect each student's financial situation.



Make an appointment today!

(815) 280-2936

mentalhealthservices@jjc.edu

Main Campus, J-0003

Romeoville Campus, RMA-1034



**Free and anonymous
online screenings for depression, anxiety,
academic distress, eating concerns and
alcohol use are offered at
jjc.edu/mhscreening.**



JOLIET
JUNIOR COLLEGE

— 1901 —

CENTER FOR STUDENT WELLNESS
AND SUPPORT

sm-MCS-0625



*Your Journey
to Wellness
Starts **Here***





Our Mission

Our mission is to promote the holistic well-being of students by providing accessible, compassionate, and culturally responsive mental health services. Rooted in a commitment to equity and inclusivity, we honor the diverse identities and experiences of our students, dismantle systemic barriers to care, and empower them with the tools and resources to thrive within the JJC community and beyond.

We Are HERE for You

- Free counseling sessions for current semester students
- Our team includes licensed therapists
- Confidential support sessions and external resources
- Convenient in-person and online sessions
- Empowering students to achieve success and thrive through resilience, inclusivity and holistic well-being at JJC

Wellness Made Easy

TimelyCare offers free, 24/7 virtual health and mental wellness support for credit-seeking JJC students.

Get started today by downloading the app at timelycare.com/JJC.

Services Offered

- Comprehensive mental health assessments and confidential counseling
- Group therapy, skill-building workshops and wellness programs
- Outreach and educational initiatives for the campus community
- Consultation and training to promote a mentally healthy campus culture
- Support for relationship, social and personal wellness challenges
- Advocacy and resources for individuals impacted by trauma or violence
- Collaboration with campus teams to support safety and well-being
- Mental Health First Aid training to increase awareness and preparedness

Additional Mental Health Resources

Suicide and Crisis Line
988

NAMI
(National Alliance of Mental Illness)
Will Grundy
(815) 409-7917

National Domestic Violence Hotline
(800) 799-7233

Guardian Angel Community Services
Domestic Violence and Sexual Assault Support
(815) 729-1228

VNA Health Care - Joliet
(630) 892-4355

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

SAMHSA Hotline
(Substance Abuse and Mental Health Services Admin.)
(800) 662-4357

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

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

Veterans Crisis Line
(800) 273-8255 press 1

National Sexual Assault Hotline
(800) 656-4673