



We know the end of the semester can be difficult.

The Counseling Center is here to help if you need us. Below are some things to remember that will help you stay mentally and physically healthy through the end of the semester!

Be Mindful of Mental Health

To Learn the Signs of Mental Distress, Remember the Acronym: "Is path warm?"

- Isolation • Substance Abuse
- Purposelessness • Anxiety • Trapped
- Hopelessness • Withdrawal • Anger
- Recklessness • Mood change

If You or a Friend Need Assistance:

Please call the Counseling Center at **217-333-3704**. After hours, please call the Rosecrance Crisis Line at **217-359-4141**. You can also call **988** to reach the National Suicide Prevention Hotline.

If You Need More Information on How to Recognize Distress:

Connect to resources through **Kognito**, a free online training where you are able to practice what you would say to someone who you believe is in crisis and teaches you how to connect the person to appropriate resources. www.counselingcenter.illinois.edu/kognito-at-risk

Be Mindful of Overall Health

- Make sure to **eat regular meals** with lean protein and vegetables.
- Get as much **rest** as possible.
- Remember to **take breaks** and **reward yourself**.
- **Exercise** is a great way to reduce anxiety and to produce endorphins.
- Rely on your **social connections** for stress relief.

Check Out More Resources Available to Assist with Finishing Strong

Togetherall is a free, online peer-to-peer mental health support available 24/7 via computer or phone. Visit togetherall.com

Telus Health Student Support app connects you with a mental health counselor, via confidential telephone or video sessions, with any mental health concerns you have. Available from Google Play Store or calling **1-866-743-7732**.

RIO – Recognition, Insight, and Openness series – can assist with stress tolerance and techniques for recognizing and moving past situations that cause stress, frustration, and anxiety.



Effective sleep practices: When there's a lot to do and not much time to do it in, it's tempting to skip sleep. But your brain needs downtime so that you can continue to focus and process information. When you're rested, it's much easier to study and work. Scan below for more information about effective sleep.

