

**Service/Concern****Office****Academic Grievances**[Office of the Dean of Students \(DOS\)](#)  
[Office of Access and Equity \(OAE\)](#)**Academic Support and Tutoring**For an extensive list, visit  
[flamestutoring.uic.edu](http://flamestutoring.uic.edu)[Academic Center for Excellence \(ACE\)](#)  
[African-American Academic Network \(AAAN\)](#)  
[CHANCE Program](#)  
[Honors College Tutoring](#)  
[Latin American Recruitment and Educational Services \(LARES\)](#)  
[Mathematical Sciences Learning Center \(MSLC\)](#)  
[Native American Support Program \(NASP\)](#)  
[TRIO Upward Bound and Student Support Services](#)  
[Minority Engineering Recruitment and Retention Program \(MERRP\)](#)  
[The Writing Center](#)  
[The Language Studio](#)**Adjusting to College**[Office of the Dean of Students](#)  
[Counseling Center](#)  
[Campus Housing](#)  
[Center for Student Involvement](#)Support for Students on the **Autistic Spectrum**[Disability Resource Center](#)  
[Counseling Center](#)Support for Students Experiencing **Depression**[Counseling Center](#)  
24/7 support → 312-996-3490Support for Students with **Disabilities**[Disability Resource Center](#)  
[Office for Access and Equity](#)  
[Disability Cultural Center](#)**Discrimination and Cultural Issues/Support**[Office for Access and Equity](#)  
[Undocumented Student Support](#)  
[Office of the Dean of Students](#)  
[Counseling Center](#)  
[Office of the Vice Provost for Diversity](#)  
[African-American Cultural Center \(AACC\)](#)  
[African-American Academic Network \(AAAN\)](#)  
[Arab American Cultural Center](#)  
[Asian American Resource and Cultural Center](#)  
[Office of International Services](#)  
[Latin American Recruitment and Educational Services \(LARES\)](#)  
[Native American Support Program \(NASP\)](#)  
[Rafael Cintron Latino Cultural Center](#)  
[Women's Leadership and Resource Center](#)Working with **Distressed/Disruptive Students** in the Classroom[Office of the Dean of Students](#)  
[Counseling Center](#)Struggling with an **Eating Disorder**[Counseling Center](#)  
[Wellness Center](#)**Financial Information/Assistance**[Office of the Dean of Students](#)  
[Office of Student Financial Aid](#)  
[Office of Scholarships](#)

Experiencing **Food Insecurity**

[Wellness Center](#)  
[Office of the Dean of Students](#)

Experiencing **Housing Instability**

[Office of the Dean of Students](#)  
[Wellness Center](#)

**LGBTQ Support**

[Gender and Sexuality Center](#)  
[Counseling Center](#)

**Mental Health Concerns**

[Counseling Center](#)  
[Counseling Center](#)  
[Wellness Center](#)

**Personal Safety**

[UIC Police](#)  
[UIC Alerty Notification System](#)  
[Office of the Dean of Students](#)

**Self-Harm**

[Counseling Center](#)  
[Wellness Center](#)

**Sexual and Interpersonal Violence**

[UIC Police](#)  
[Campus Advocacy Network](#)  
[Office of the Dean of Students](#)  
[Office for Access and Equity](#)  
[Wellness Center](#)  
[Women's Leadership and Resource Center](#)  
[Counseling Center](#)  
[Campus Housing](#)

**Smoking Cessation**

[UIC Tobacco-Free Policy](#)  
[Wellness Center](#)

**Stress and Anxiety**

[Counseling Center](#)  
[Wellness Center](#)

**Student Health**

[UI Health-Family Medicine](#)  
[Office of the Dean of Students](#)  
[Campus Care](#)

**Student Legal Services**

[Office of the Dean of Students](#)

**Student Misconduct**

[Student Disciplinary Policy](#)  
[Office of the Dean of Students](#)  
[Campus Housing](#)

**Student Veteran Services**

[Office of the Dean of Students](#)  
Cisar Student Veteran Center

**Substance Use Disorders & Educational Programs**

[Wellness Center](#)  
[Counseling Center](#)

**Suicide Prevention, Education & Response**

[UIC Police](#)  
[Counseling Center](#)  
[Workshops: Counseling Center](#)  
[Office of the Dean of Students](#)  
[Campus Housing](#)

## Off Campus Resources

### Service/Concern

### Informational/Resource

Support for Individuals on Autistic Spectrum

[National Institutes of Mental Health](#)  
[WebMD](#)  
[Child Mind Institute: Going to College with Autism](#)

Support for Students Experiencing Depression

[National Institutes of Mental Health](#)  
[Mayo Clinic](#)  
[Mayo Clinic: Supporting a Family Member or Friend](#)

Support for Students with Disabilities

[Centers for Disease Control: Information on Americans with Disabilities Act, Coping, and Transition](#)

Discrimination and Cultural Issues/Support

[American Psychological Association \(Coping with Discrimination\)](#)  
[Health Disparities and Stress](#)

Struggling with an Eating Disorder

[National Eating Disorders Helpline](#)

Financial Information/Assistance

[American Psychological Association Coping with Financial Stress](#)

Experiencing Food Insecurity

[National Student Coalition Against Hunger and Homelessness](#)

Experiencing Housing Instability

[National Runaway Safeline](#)  
[Youth Futures](#)  
[Chicago Coalition for the Homeless-Streetlight Chicago](#)

LGBTQ Support

[TransLifeline](#)  
[The Trevor Project](#)  
[Parents, Families and Friends of Lesbians and Gays](#)  
[Gay and Lesbian Alliance Against Defamation](#)

Mental Health Concerns

[National Alliance on Mental Illness](#)

Personal Safety

[Victim Connect: Hotline for Referrals and Resources](#)

Self-Harm

[National Alliance on Mental Illness: Self Harm](#)

Sexual and Interpersonal Violence

[Rape Victim Advocates](#)  
[National Sexual Assault Hotline](#)  
[National Domestic Violence Hotline](#)  
[Love Is Respect National Teen Dating Violence Hotline](#)  
[National Street Harassment Hotline](#)  
[Human Trafficking Hotline](#)  
[Rape Abuse and Incest National Network](#)  
[National Sexual Violence Resource Center](#)  
[National Sexual Violence Resource Center: \(How to Support a Loved One\)](#)  
[Stalking Resource Center](#)  
[Child Help National Child Abuse Hotline](#)  
[1 in 6: Information and Online Help for Male Survivors of Sexual Abuse](#)

Stress and Anxiety

[CDC Coping With Stress Factsheet](#)  
[American Psychological Association Coping with Stress and Anxiety](#)  
[National Institutes of Mental Health: Coping with Stress](#)  
[Anxiety and Depression Association of America: Coping with Anxiety and Stress WebMD](#)  
[What are Anxiety Disorders](#)

Student Veteran Services

[Jesse Brown VA Medical Center](#)  
[Sexual Assault Help for the DoD Community Veterans](#)  
[Crisis Line](#)

Substance Use Disorders & Educational Programs

[Mayo Clinic: Alcohol Use Disorders](#)  
[Mayo Clinic: Drug Use Disorders](#)  
[Treatment for Substance Use Disorders](#)  
[National Institute on Drug Abuse: What To Do To Help a Friend or Loved One](#)

**Suicide Prevention, Education & Response**

- [NIMH information and helpline](#)
- [CDC \(Understanding the Risk Factors for Suicide\)](#)
- [American Foundation for Suicide Prevention \(Illinois Statistics\)](#)