



U and I Care

A MESSAGE TO OUR STUDENTS...

Office of the Dean of Students



Through the U and I Care Network's partnerships with on-campus units, the Student Assistance area in the Office of the Dean of Students is able to provide additional resources and support as students navigate through personal challenges and hardships.

dos.uic.edu/uicare

Counseling Center



Provides diverse services to help students deal with stress, handle a crisis or trauma, cope with the transition to college, gain strength from gender and cultural identity, or manage serious mental illness and many other issues.

counseling.uic.edu

After-Hours Support



312-996-3490

After business hours or over the weekend, an on-call counselor is available to UIC students experiencing mental health emergencies or crisis situations.

Keep Our Flames Alive



SUICIDE PREVENTION & EDUCATION

Connect to resources for preventing suicide, whether you are helping a student, friend, family member, or even yourself. Educational materials provided on this page give you the resources, skills, and strength to keep our flames alive. counseling.uic.edu/suicide

Flames Finish Strong



DECEMBER 2ND THROUGH DECEMBER 13TH

UIC knows the pressure that students are under when it comes to finals, and the Flames Finish Strong events aim to curb the anxiety by offering on-campus programs to ease the stress. go.uic.edu/flamesfinishstrong

UIC CARES ABOUT YOU.

TAKE CARE DURING FINALS!