



May 5, 2020

JJC students,

Our Case Management Coordinator and Student Wellness Advocates in the Office of Student Rights and Responsibilities care about you. Through it all, know our biggest priority is your safety, well-being, and health. We have shifted completely to telephone and online therapy in lieu of in-person appointments. We're committed to continuing care, while supporting you to reach your goals, through the end of the semester.

With finals just around the corner, it is our hope that we can continue to support and empower you! We continue to be here for you during final exams week. Please feel free to explore our resources, reach out to us by email, or call us for further support.

We want to remind you of resources you can find on your portal regarding taking care of your mental health and wellness: <https://my.jjc.edu/student-services/student-wellness/Pages/mental-health.aspx> and <https://my.jjc.edu/student-services/student-wellness/Pages/college-student-wellness.aspx>. Here, you can find plentiful mental health resources.

In addition to the above resources, please note:

1. If you are experiencing a mental health emergency, such as thoughts of harming yourself or someone, call 911 immediately.
2. You can schedule an appointment with our Student Wellness Advocates or Case Management Coordinator by calling Kelly Nahas, Administrative Assistant, at 815-280-2936.

3. You can also learn more about our services and request a non-emergency appointment online at: <https://my.jjc.edu/student-services/mhw/Pages/getting-started.aspx>

4. You can complete a MindWise screening - A brief anonymous and confidential behavioral health tool that screens for anxiety, bipolar disorder, depression, eating disorders, gambling problems, posttraumatic stress disorder, psychosis, and substance misuse. Results are immediate and access to resources is provided.

The link to access the screening is: <https://screening.mentalhealthscreening.org/jjc>.

5. You can utilize 7 Cups to connect to an active listener and explore other resources (free mental health resource, found on your portal).

- The link to access 7 Cups is: [7cups.com/p/jjc](https://7cups.com/p/jjc)
- Use Access Code: JJC

Also, please take note of important crisis lines available to you at any time:

1. Call the Will County Crisis Line at 815-722-3344
2. Call the National Suicide Hotline at 800-273-8255
3. Text "CONNECT" to 741741 to text message crisis line
4. Contact Linden Oaks (Naperville) at 630-305-5027 or Silver Oaks (New Lenox) at 844-580-5000 for a free mental health assessment

Lastly ... Check out our Facebook and Instagram pages, JJC Mental Wellness! Be sure to like and follow!

Stay safe, healthy, and be well. Take care of yourselves. Please let us know if you have any questions.

Heidi Stukel, Case Management Coordinator, [hstukel@jjc.edu](mailto:hstukel@jjc.edu)

Ausra Tauginaite, Student Wellness Advocate, [ataugina@jjc.edu](mailto:ataugina@jjc.edu)

Jessica Contreras, Student Wellness Advocate, [jecontre@jjc.edu](mailto:jecontre@jjc.edu)

Cyndi Vasquez-Barrios

Dean of Students

Office of Students Rights & Responsibilities

Joliet Junior College

1215 Houbolt Rd. Rm. 1100

Joliet, IL 60451

(815) 280-2309 (W)