

McKinley Health Packs

OVER-THE COUNTER SELF-CARE SUPPLIES

All supplies are free to all students and included as part of your health service fee! However, you will need to present your student I-Card at the Health Resource Center.

PICK UP 2X A SEMESTER



Cold Care Pack

(cough medicine, acetaminophen/ibuprofen, Halls throat lozenges, sore throat spray, nasal decongestant spray)



Home Pregnancy Test Kit

(contains 2 packs)



Yeast Infection Treatment Kit



Wound Care Pack

(assortment of bandages, gauze and ointment, as well as instructions, to help you care for minor wounds)



Allergy Pack

(both long-acting (non-sedating) and short-acting (possibly sedating) medications, tissues, and hand sanitizer to address common allergy symptoms like a runny nose and sneezing)

<https://mckinley.illinois.edu/pharmacy/self-care-stations>

McKinley Health Packs

OVER-THE COUNTER SELF-CARE SUPPLIES

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PICK UP 2X A WEEK

- ♥ **Condom Pack**
(5 types to choose from: 2 types of lubricated, non-lubricated, non-latex, & extra-large)
- ♥ **Lubricant/Spermicidal Gel**
- ♥ **Latex Barriers**

PICK UP ONCE A YEAR

- ♥ **Sleep Pack**
(Eye mask, ear plugs, lavender wipes, tea, etc)
- ♥ **Narcan Nasal Spray**

<https://mckinley.illinois.edu/pharmacy/self-care-stations>

Sexual Health

Testing/Resources

ON CAMPUS SUPPORT

FREE HIV/STI TESTING

- ♥ Schedule an appointment at McKinley by calling (217)-333-2700 or visiting MyMcKinley

HEALTH RESOURCE CENTER

- ♥ Access to condoms latex barriers, lubricants, pregnancy tests, yeast infection meds, & over-the-counter supplies

***All supplies and treatment free with I-card

OFF CAMPUS SUPPORT

CUPHD

- ♥ Access to STI/HIV testing & treatment, HIV prevention including PrEP and syringe exchange, and Birth Control Options

PLANNED PARENTHOOD

- ♥ Sexual health care & education, birth control, pregnancy tests, hormone replacement, and STI/HIV testing & treatment including PrEP

***Resources/ treatment provided with or without health insurance

<https://mckinley.illinois.edu/health-education/sexual-health>

211

Call Assistance Center

SUPPORTED BY THE
CHANCELLOR'S OFFICE

CALL 211 FOR HELP



211 is a non-emergency number that someone can call or text when in need. Operators connect people to resources to address needs related to:

- Utility Assistance
- Legal Help
- Housing Expenses
- Counseling
- Food Insecurity
- Healthcare Services
- Transportation



United Way of Champaign County has found that the 211 service is under-utilized in our area relative to other communities with 211, and we are helping spread the word to make sure folks on campus know of this free, confidential resource.

Get Connected.



Get Help.

<https://www.211.org/>

Confidential Advising

PROVIDED BY THE WOMEN'S RESOURCES CENTER

The Women's Resources Center (WRC) is a designated confidential resource related to sexual assault/rape, sexual harassment, stalking and abuse within a relationship (sometimes called dating or domestic violence). There are several Confidential Advisors at the WRC who can provide you – or someone looking to support you – with support and advocacy services.

MAKE AN APPOINTMENT

- ♥ Call (217) 333-3137 (select extension 2 when prompted) or email wrcadvocacy@illinois.edu
- ♥ Students, faculty, & staff survivors of all gender identities are welcome
- ♥ The WRC utilizes a survivor-centered approach for support on sexual assault/rape, sexual harassment, stalking & abuse within a relationship (sometimes called dating or domestic violence)

<https://wrc.illinois.edu/advocacy/confidential-advising>

Student Assistance Center

PROVIDED BY THE OFFICE OF THE DEAN OF STUDENTS

The Student Assistance Center serves as the first point of contact for students who call, email, or walk in to the Office of the Dean of Students. Our Assistant Deans help students understand university policies and procedures, educate them about and connect them to campus resources, and support students in crisis.

REASONS TO CONTACT THE STUDENT ASSISTANCE CENTER

- ♥ Academic Difficulty due to Physical or Mental Health Issues
- ♥ Absence Letters
- ♥ Guidance getting connected to support services on Campus
- ♥ Medical Withdrawal & Re-entry
- ♥ Report well-being & safety concerns about self or others
- ♥ Difficulty with a Professor or TA

Office of Minority Student Affairs

The Office of Minority Student Affairs is a part of Student Affairs at the University of Illinois. From outside-the-classroom learning experiences, to physical and emotional wellness, leadership opportunities, global awareness, safety, fun, and career preparation, Student Affairs supports all aspects of student life at Illinois. Located at the Academic Services Center, 1103 W. Oregon St, Suite E, Urbana, IL.

MAKE AN APPOINTMENT



Advising and Mentoring

- 9:00 AM- 4:30 PM
- Also be available to you in the Cultural Centers: Tuesdays- 1:00 pm - 3:00 pm (BNAACC), Wednesdays- 1:00 pm - 3:00 pm (Native American House), Thursdays- 1:00 pm - 3:00 pm (La Casa Cultural Latina)



Academic and Studying Resources



Tutoring



Academic & Financial for Support for First-Generation Students



Student Employment Opportunities

<https://www.omsa.illinois.edu/>

Lunch On Us Program

Every weekday for a noontime discussion, join one of the student cultural or resource centers for lunch. Featuring speakers, panels, and resources at the University of Illinois, all lunches introduce you to the cultures, histories, and societal issues that the diverse communities of our campus face. Programs take place from 12-1 pm and are free with the swipe of your I-Card.

12-1PM EVERY WEEK

- ♥ **Monday: Women's Resource Center** 616 E. Green St. Suite 202 , Champaign, IL (upstairs from McDonalds)
 - Quench with the GSRC (1st, 3rd, 5th Monday)
 - focuses on LGBTQIA+ issues/education
 - Dish It Up with the WRC (2nd & 4th Monday)

- ♥ **Tuesday: Asian American Cultural Center**
1210 W Nevada St, Urbana, IL

- ♥ **Wednesday: BNAACC**
1212 W Nevada St, Urbana, IL

- ♥ **Thursday: La Casa Cultural Latina**
1203 W Nevada St, Urbana, IL

- ♥ **Friday: University YMCA**
1001 S. Wright St., Champaign, IL.

- ♥ **Random: Lunch & Learn with CHP**
 - Have lunch and a conversation with many of amazing Honors professors! Often at the Honors House but location changes occasionally

<https://oii.illinois.edu/>

Finding Food on Campus

"EAT UP" FOOD PANTRY

- ♥ Eat UP is Uniting Pride's food pantry, located in our office at the University YMCA, suite 121. The center primarily stocks non-perishable snack food and canned food and does not require information about your income!
- ♥ The pantry is open from 10am-4pm Monday through Friday, and by appointment. To schedule an appointment outside of our regular hours, reach out to info@unitingpride.org.

WESLEY FOOD PANTRY

- ♥ Every month with the help volunteers, the Wesley Food Pantry puts food on the table of hundreds of students and families struggling with food security. It is located at the Wesley United Methodist Church on 1203 West Green St. and is open to the public every Thursday, 5pm-7pm.

STOP BY FOR A SNACK

- ♥ **Honors House: 1205 W. Oregon St.**
 - (drinks like coffee/tea/cocoa, bottled water and soda, snacks, occasional pop-up cafés featuring lemonade, popcorn, hot dogs, or other goodies)
- ♥ **La Casa Cultural Latina: 1203 W Nevada St.**
- ♥ **The Gender & Sexuality Resource Center: 323 Illini Union, 1401 West Green Street.**

<https://odos.illinois.edu/community-of-care/resources/students/food-resources/>

Finding Food on Campus

STUDENT FOOD PANTRY

- ♥ In the Orange Room of the Main Library, there is a Student Food Pantry (entrance just north of the east doors), students are encouraged to grab some food to fuel up! No information is required, so stop by!

ARC FOOD ASSISTANCE

- ♥ A shopping-style pantry has been set up for University students at the Activities and Recreation Center. The ARC Student Food Pantry is open twice a week, Tuesdays from 1-4 p.m. and Saturdays 2-5 p.m.
- ♥ Students can find it in the back of the ARC's instructional kitchen, next to the climbing wall. It's staffed by students volunteers from the Food Science and Human Nutrition program.
- ♥ Food Science and Human Nutrition Students will be available to answer shopper questions and to provide resources to prepare the food!
- ♥ **Instructional Cooking Classes**
 - Try a variety of classes learning how to cook, bake, and enjoy new recipes. All classes include cooking demonstrations with generous tasting of each recipe!

<https://odos.illinois.edu/community-of-care/resources/students/food-resources/>