

Student Health Portal

[Student Health/Counseling Services Home Page](#)

- Where to schedule and see medical or counseling appointments through the school. As well as any medical documents submitted to the school.

Mental/Emotional

TimelyCare [ISU TimelyCare Link](#)

- [Apple App Store](#)
- [Google Play Store](#)
- [Website](#)

An App/Site that provides 45 minute Scheduled Counseling, Health Coaching, Digital Self-Care, and 'TalkNow' for ondemand support, provided through your @ilstu email.

Emergency Helplines

- Suicide and Crisis - Call 988
- General Crisis Support - Text HOME to 741-741
- Crisis Support for Students of Color - Text STEVE to 741-741
- Crisis Support for LGBTQ students - Text START to 678-678

Student Counseling Services:

Fall and Spring Semesters:

- Mon, Tues, Thurs, Fri: 8 AM-4:30 PM
- Wed: 8 AM-7 PM

Same Day Crisis Walk-ins:

- M-F: 10 AM - Close
- Room 320 at Student Services or Call (309)-438-3655 to schedule an appointment

Outside Hours:

- Call (309)-438-3655 and Press "2" to speak to a counselor.

Physical

[Campus Recreation Website](#)

[Waivers](#)

- Contact at:
 - (309) 438-7529
 - (309) 438-3700 (Administrative Suite)
 - CampusRecreation@ilstu.edu
- Open:
 - Monday-Thursday 6am-11pm
 - Friday 6am-8pm
 - Saturday 10am-6pm
 - Sunday 12pm-8pm

[Group Fitness](#)

Where you can sign up for fitness classes free to students, such as pilates, kickboxing, cycling, yoga, etc.

[Group Fitness Schedule](#)

[Custom Group Fitness Classes](#)

- Custom Classes are offered to campus groups.

Accessibility/Accommodations

[Student Access and Accommodation Services](#)

[Academic Accommodations](#)

Where you can fill out accommodations for exams, classroom, communication, etc.

[Housing and Dining Accommodations](#)

Culture, Religion and Identity

[Multicultural Center](#)

- Located at 301 S. Main St.
- Open: Monday-Thursday 9am-9pm; Friday 9am-4:30pm
- Contact:
 - (309) 438-8968
 - themulticulturalcenter@ilstu.edu

[Request a Space in the Multicultural Center](#)

[Book a Tour!](#)

Spaces in the Multicultural Center:

- Dr. Charles E. Morris Jr. and Dr. Jeanne B. Morris Library
 - A library that provides a wide range of resources.
- The Gathering Space
 - The primary space of the center, with chairs, couches, tables and a collaboration station.
- Clothing Station
 - A closet provided to students with clothing needs.
- Multipurpose rooms
 - Rooms equipped with screens, microphones and a speaker system.
- Conference rooms
- Green Room
 - A room for calming and relaxation to get away from a busy day.
- Reflection and Prayer room
 - A space to pray, meditate or spend time in quiet reflection.
- Podcast Room
 - Offers a wide range of audio and visual equipment for recording.

[LGBTQ+ Resources](#)

- Resources for LGBTQ+ individuals, with statewide, community and campus resources.

Additional Resources

[Student Navigators](#)

- A student-led program that can help connect other students to basic needs such as food, textbooks, housing, financial aid, and health sources.

[School Street Pantry](#)

211 N School St, Normal, IL 61761

- Food pantry readily available to students. Has Non-perishable food items, a variety of refrigerated dairy foods, frozen foods, fresh produce and breads, as well as personal care items. As well as Cookbooks, recipes, and meal planning.
- **Open:** Fridays 4-6pm

- **Contact:** schoolstreetfoodpantry@gmail.com
- **Requirements:** Student ID, Full Name, Last 4 Digits of Student ID, Birthdate, Name of School Attending, Local Zip Code, Number of individuals you provide food for

[Other Food Pantry's](#)

- Other nearby food pantries in the community with varying requirements, times, and items.