

**Mental and Emotional Health Resource Sheet**  
**Student Wellness Advisory Group**  
**Contact Information:** [swag.ssom@gmail.com](mailto:swag.ssom@gmail.com)  
**Last Update:** 10/15/2024

**If you are in immediate crises:**

1. National Suicide Hotline, Crisis Lifeline: **CALL OR TEXT 988**
2. Mental Health After Hours LUC Wellness Center: **CALL 773-508-2530, press 3**
3. Crisis Text Line: **TEXT “HOME” to 741741** to speak with a crisis counselor.
4. Physician Support Line: **CALL 1-888-409-0141** to speak with a volunteer psychiatrist.
5. Illinois Helpline for Opioids and Other Substances: **CALL 1-833-234-6343 OR TEXT “HELP” to 833234**
6. LGBTQIA+:
  - a. The Trevor Project: **CALL 1-866-7386 OR TEXT “START” to 678678**
  - b. Trans Lifeline: **CALL 1-877-565-8860**
7. Sexual Assault & Domestic Violence:
  - a. The Line (LUC Gender-Based Violence Hotline): **CALL 773-494-3810**
  - b. Chicago Rape Crisis Hotline: **CALL 888-293-2080**
  - c. National Sexual Assault Hotline RAINN: **CALL 1-800-656-4673**

**Please see the final pages for a guide to getting help from a crisis line and further details on these resources.**

## Emotional and Mental Wellness Resources

The following link will take you to Stritch's Student Health and Wellness homepage: <https://www.luc.edu/wellness/>. SSOM wellness resources are further broken down in the following sections for simplicity with added outside resources for wellness support.

**Loyola Wellness Center:**

**773-508-2530**

**Select Option 2 for Dial-a-Nurse**

**Select Option 3 for Mental Health**

### **Campus Resources:**

1. Loyola University Chicago Wellness Center: <https://www.luc.edu/wellness/>
  - a. Mental Health After-Hours Number: **773-508-2530**, then press **3**
  - b. Onsite Location: **Cuneo Building, Suite 400**
    - i. By appointment only: Monday-Friday 8:30am-5pm. Same day appointments are usually available. Emergencies will continue to be accepted immediately.
    - ii. Appointments can be made online or by calling Dial-a-Nurse at 773-508-8883
    - iii. Front desk Number: 708-216-2250
    - iv. Note: *We kindly request 3 hours notice if you are unable to make your scheduled appointment time. Please be advised that there is a \$15 fee for missed appointments or late cancellations. This policy helps everyone by increasing the availability of our providers.*
  - c. The Line (LUC Gender-Based Violence Hotline): **CALL 773-494-3810**
  - d. **Group Counseling options:**  
**<https://www.luc.edu/wellness/mentalhealth/groupcounseling/>**
  - e. **Appointments/First Steps:** Schedule an initial 30 minute phone consultation appointment with a mental health professional either by dialing **773-508-2530** or scheduling an appointment online at [https://wellness.luc.edu/login\\_directory.aspx](https://wellness.luc.edu/login_directory.aspx). During the phone consultation, you'll be invited to talk about your situation, and to answer questions of a personal nature, so please be sure to be somewhere where you can speak privately. At the end of the phone appointment, your counselor will recommend next steps. Options may include scheduling you for short term individual psychotherapy (either in-person or virtually) through the Wellness Center, or helping you to access off-campus referrals for your ongoing care. If your situation is life threatening or otherwise acute, the Wellness Center

also offers same-day crisis and urgent care appointments as needed. Students who reside outside of the state of Illinois are not eligible for individual therapy, but they can use [care management](#) for referrals to care, and have access to a variety of mental health groups. For those students seeking a medication consultation with a psychiatric provider, the Wellness Center requires you to go through the same phone consultation process. Please see [Psychiatry](#) for further information.

**f. Emergency/Crisis Care**

- i. **For life-threatening or severe emergencies** call 911 or go to the [nearest emergency department](#).
- ii. **If you are experiencing mental or emotional distress beyond your ability to manage safely right now:** The Wellness Center has a service available for students who are in crisis and need immediate assistance to speak to counselors and to receive crisis consultation, information on emergency resources, or even be directed to the Emergency Department, if appropriate. This service is available by calling **773-508-2530, Option 3** after hours, which includes weekends and holidays. You can also call 312-926-8100 for the Northwestern Memorial Hospital Crisis Line.
- iii. **For an urgent, non-life threatening mental health need during business hours,** call 773-508-2530 and hit Option 3 and leave a message. A mental health provider will call you back within 30 minutes.

**g. Insurance Information**

- i. Insurance coverage is not currently required to be seen at the Wellness Center. However, if a referral to the community is the best care recommendation, your insurance coverage may be utilized. It is often helpful to review 'behavioral health' benefits (under which outpatient mental health is listed) before moving forward in the care process. Calling the member services phone number on the back of your insurance card and asking the following questions will help you to understand your 'behavioral health benefits'.
  1. **Ask to be transferred to the behavioral health department?** *as many insurance plans separate physical health and mental health benefits.*
  2. **What is my deductible for behavioral health?** *A deductible is the amount of money your plan requires you to pay out of pocket for services before your benefits 'kick in'.*
  3. **What is my co-pay or co-insurance?** *A co-pay is a flat fee per visit, and co-insurance is a percentage of the cost of the total visit. You will pay only your co-pay or co-insurance after you have paid down your deductible.*

4. **Do I have a session limit?** *Many plans place a limit on the number of sessions they will cover each year.*
  5. **Do I need a referral from my primary care doctor to see a therapist or psychiatrist?** *This is often the case in plans that are HMO's.*
- ii. To read more about insurance information, [click here](#).

### **Finding an off-campus Therapist:**

1. **Helpful Websites:** (These search engines will help you to find a therapist regardless of your physical location.)
  - a. Clinician of Color Directory: <https://www.cliniciansofcolor.org/>
  - b. Psychology Today: [Find a Therapist, Psychologist, Counselor](#)
  - c. [Student Recommended Therapists](#)
  - d. Your insurance may also have a web portal connecting you with in-network providers.
2. **Insurance coverage:** You should not have to pay for therapy sessions completely out of pocket (if your provider is in-network). Most insurance plans cover some amount of therapy service, but it varies widely depending on your plan. Your insurance website may have a search function to find providers that are in-network, and your plan will detail what share you are expected to pay. For example, with Loyola's student health plan through United HealthCare you would pay 20% of the cost for a session with an in-network provider or 40% of the cost with an out-of-network provider.
3. **Finding the right therapist/psychologist/counselor:** Finding a good fit is important! Some therapists specialize in different areas (grief, anxiety, relationships) or use different techniques (cognitive behavioral therapy, psychodynamic approach). You can use search tools on websites like Zoc Doc, Psychology Today, APA, Clinicians of Color, etc. to find therapists and filter by factors such as location, specialty, insurance, race, and gender. Your insurance website likely also has a search tool to find in-network providers. Providers may be listed as licensed clinical social workers (LCSWs), clinical psychologists, or licensed clinical professional counselors (LCPCs).
4. **What if I have to start medication?** If your therapist/psychologist thinks you may need to start medications (such as antidepressants or anti-anxiety meds, for example) they will advise you to follow-up with your primary care and/or refer you to a psychiatrist. These appointments and any prescriptions are also likely covered partially or fully by insurance.
5. **Tips for getting started:**

- a. Make a plan with a friend who is also thinking about getting help and set a deadline for when you will have both found a few therapist options or made an appointment. Holding each other accountable may help with getting started.
- b. Compile a list of several therapists you want to contact. Some may not be accepting new patients or may be booked for several months out.
- c. Schedule an hour that you reserve for your therapist search or calling to get an appointment. With so many things to do, it is easy to push this task off if you don't make designated time for it.

### **Helpful Apps & Websites:**

The **Headspace App** is currently being offered for free to Loyola University Chicago Students. Please use this link to register: <https://work.headspace.com/luc/member-enroll>

*The first 2500 students who sign-up will have free access to the Headspace app, your personal guide to mindfulness, sleep, focus, movement, and more. From waking up to exercising, eating to sleeping, Headspace has 1,000+ hours of exercises to help you live your whole day mindfully — not just when you're sitting to meditate.*

Free:

1. **Breathing Exercise:** <https://www.calm.com/breathe>
2. **Alternatives to Self-Harm:** <https://projectlets.org/alternatives-to-selfharm>
3. **Finch Self-Care App:** <https://apps.apple.com/us/app/finch-self-care-widget-pet/id1528595748>
4. **Headspace:** <https://www.headspace.com/>

Paid:

1. **Headspace:** Limited access to guided meditations, workouts, and focus exercises with free version. Full access to Headspace Plus for \$5.99 a month.
2. **Insight Timer:** Access to limited guided meditations (70,000 in total), wellness courses, music, etc. with free version. Get full access with MemberPlus for \$59.99 a year.
3. **Shine:** Access to limited guided meditations, wellness discussions, and reflection prompts with free version. Premium provides full access for \$53.99 a year.
4. There are also several others (i.e. Calm, BetterHelp) available to you depending on your preferences.

### **Coping Strategies (Licensed Professional Counselor Approved):**

1. **5-4-3-2-1 Coping Technique for Anxiety (Grounding):**
  - a. [BHP Blog - Behavioral](#)

- b. This a simple grounding technique for use when you feel your anxiety starting to spiral. It will help you bring yourself back to the present moment.
2. **Cold Exposure & Deep Breathing to Stimulate the Vagus Nerve:**
    - a. [19 Ways to Activate your Vagus Nerve](#)
    - b. Both help to decrease the sympathetic nervous response and increase the parasympathetic response.
    - c. Cold exposure: dip your face in cold water, drink cold fluids, walk outside with light clothes on, etc.
  3. **Hungry, Angry, Lonely, Tired (HALT):**
    - a. [HALT Technique](#)
    - b. Mindfulness is staying attuned to how our minds and bodies are responding to our external environment in the present moment. Often if we think we are feeling anxious or are in a “bad” mood, our feelings can stem from HALT. Addressing these needs can help in alleviating our mood and responding more positively with our environment. It seems obvious, but there is power in naming what we are experiencing.
  4. **Starting a Gratitude Practice:**
    - a. [Mindful Gratitude](#)
    - b. Fostering gratitude is very beneficial for building resilience and practicing joy. We hope this link will help you to begin your own gratitude practice.
  5. **Starting a Meditative Practice:**
    - a. [16 Types of Meditation](#)
    - b. Visit the headspace website for specific suggestions on starting your own meditative practice.
  6. **Keeping a Therapeutic Journal:**
    - a. [Writing Therapy](#)
    - a. Often journaling can help process our emotions and anxious thoughts. There is no right or wrong way to journal. Sometimes it is just best to start with whatever is on your mind.

**Other Helpful Tips (Licensed Professional Counselor Approved):**

1. **Focus on what you can control.** Let go of what is out of your direct ability to change.
2. **Negativity begets negativity.** Counteract and challenge your negative thoughts. Investigate if there is a way to change your perspective to respond to your situation with more positivity and gratitude.
3. **If you are feeling anxious about school, take a moment to reflect on what is driving you.** Is it fear? Is it doubt? Is it a need to be liked? What can you do to reframe your

situation so that you can live/act authentically from your values rather than your insecurities?

4. **Take 15 to 20 minutes in the morning or evening** to sit with tea or coffee (or nothing) and just be. Challenge yourself to list things you are happy about, grateful for, excited about, etc. instead of ruminating on your to-do list.
5. **Set boundaries.** You do not have to/should not be everything all of the time. Set boundaries with how much you allow yourself to study, negativity you allow in your space, toxic people, etc.
6. **There is no shame in “being in your feelings.”** If you need to, take time to cry, call a friend, write in your journal, take a walk, or whatever else helps you to process. Set aside a specific amount of time to feel everything, but do not let yourself stay there. Feel and then keep moving forward. You have got this!

### **Stritch School of Medicine important contacts:**

- Catherine Jardien, [cjardien@luc.edu](mailto:cjardien@luc.edu), (708) 216-3872, Assistant Director, Office of Student Life
- Sabrina Bynum, [sbynum@luc.edu](mailto:sbynum@luc.edu), 708-216-2484, Student Life Administrative Coordinator
- Tina Marino, [tmarino@luc.edu](mailto:tmarino@luc.edu), (708) 216-8140, Assistant Director for M1 & M2 Students, Office of Student Affairs
- Lupe Zarco, [gzarco@luc.edu](mailto:gzarco@luc.edu), (708) 216-8140, Assistant Director for M3 & M4 Students, Office of Student Affairs
- Dean Viviana Martinez: [vimartinez@luc.edu](mailto:vimartinez@luc.edu), (708) 216-8140, Assistant Dean, Office of Student Affairs
- Dean James Mendez: [jamendez@luc.edu](mailto:jamendez@luc.edu), (708) 216-8140, Associate Dean, Office of Student Affairs
- Dr. Monica Maalouf: [Monica.Maalouf@lumc.edu](mailto:Monica.Maalouf@lumc.edu), WELL Committee Chair
- Marcella Blum: [mblum1@luc.edu](mailto:mblum1@luc.edu), Assistant Director HSC Wellness Center, Licensed Clinical Professional Counselor
- Office of Diversity, Equity, and Inclusion: [ssom-diversity@luc.edu](mailto:ssom-diversity@luc.edu), SSOM Room 235
- Office of Student Affairs: (708) 216-8140, SSOM Room 220
- **SSOM Health Appointments at the Wellness Center (Dial-A-Nurse): 773-508-8883, option 3**

**M1 SWAG Board:** Jacob Gardinetti, Jayde Powell, Katherine Sadak, Raheyima Siddiqui, Siddhika Sreenivasan, Sundas Shaikh

**M2 SWAG Board:** Chelsea Barrows, Roshni Koul, Julia Mansour, Jordan Simpson, Sara Tawfik, Mishaal Yazdani, Tazio Capozzola

**M3s:** Sri Contractor, Jessica Diol, Lydia Hyla, Maxwell Sandler, Riya Trivedi, Kailynn Yang

**Collaborators:** Sarah Fahey, Emma Stewart, Miyuki Dougherty, Eric Casinelli, Riya Trivedi

## **Loyola's Guide to Getting Help From a Crisis Hotline:**

<https://www.luc.edu/wellness/mentalhealth/suicideprevention/guidetogettinghelpfromacrisishotline/>

**Calling a crisis line for the first time can be challenging. We've created this guide to help ease the process.**

1. Know that people who work on the crisis hotlines are trained to help in crisis situations. Don't worry about your problems being too big or small for them to handle.
2. Depending on the hotline you choose to call, you may be asked to provide your phone number so that the dispatcher can send it to a crisis worker, who will call you back almost immediately. Some hotlines may connect you directly to a crisis worker while you are placed on hold.
3. The crisis hotlines operate on anonymity. You are not required to provide your name to receive services.
4. Once you have the crisis worker on the phone, talk to them about the problem you're experiencing. If you don't know where to start, it's okay to tell the crisis worker that. They'll guide you through the process. The crisis worker will listen to you, provide support and offer recommendations on how to manage the crisis at hand.
5. Near the end of your call, the crisis worker may offer you options for community mental health resources. You may also ask the crisis worker if this isn't offered. There are community services available near Loyola's campuses. Schedule an appointment with a Wellness Center counselor to be connected to Wellness Center or community resources. Call 773-508-8883 to schedule a phone consultation.

## **Additional Information about Loyola, Local, and National Crisis Lines**

### National Suicide Hotline, Crisis Lifeline: CALL OR TEXT 988

- The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
- <https://988lifeline.org/>

### Mental Health After Hours LUC Wellness Center: CALL 773-508-2530, press 3

- This Wellness Center service is available for students who are in crisis and need immediate assistance to speak to counselors and to receive crisis consultation, information on emergency resources, or even be directed to the Emergency Department, if appropriate. This service is available by calling **773-508-2530, Option 3** after hours, which includes weekends and holidays.

**Crisis Text Line: TEXT “HOME” to 741741** to speak with a crisis counselor.

- Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.
- You can talk over text, chat over their website, or use WhatsApp.
- How does it work? <https://www.crisistextline.org/text-us/>
- <https://www.crisistextline.org/>

**Physician Support Line: CALL 1-888-409-0141** to speak with a volunteer psychiatrist.

- Psychiatrists helping US physician and medical student colleagues navigate the many intersections of our personal and professional lives.
- Free, Confidential & Anonymous
- No appointment necessary
- Call for any issue, not just a crisis
- We report to no one
- Open Monday to Friday (except federal holidays) 8:00 AM - 12:00 AM ET
- <https://www.physiciansupportline.com/>

**Illinois Helpline for Opioids and Other Substances: CALL 1-833-234-6343 OR TEXT “HELP” to 833234**

- The Helpline can help you anywhere along your path to recovery, whether you’re struggling with opioid, alcohol, and/or other drug use.
- Call [833-234-6343](tel:1-833-234-6343) to talk with a Helpline Specialist about the treatment services best for you. You can also [answer a few anonymous questions](#) online and get a tailored list of programs or services, in your area. The Helpline is free and confidential, and you don’t need to have insurance to access treatment.
- You can talk over text, chat over their website, or call.
- <https://helplineil.org/app/gethelp>

**LGBTQIA+:**

**The Trevor Project: CALL 1-866-7386 OR TEXT “START” to 678678**

- Crisis counselors are trained to answer calls, chats, or texts from LGBTQ young people who reach out on our free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ identity, depression, and suicide.
- Resource Center: <https://www.thetrevorproject.org/resources/>
- You can talk over text, chat over their website, or call.

**Trans Lifeline: CALL 1-877-565-8860**

- Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.
- <https://translifeline.org/>

**Sexual Assault & Domestic Violence:**

**The Line (LUC Gender-Based Violence Hotline): CALL 773-494-3810**

- If you've experienced sexual assault, dating/domestic violence, sexual harassment, sexual exploitation, or stalking and you are unsure what to do, have questions, or just need to talk - confidential, trained advocates are here to help.
- Any Loyola community member can call The Line. Survivors can call on their own, or someone can call on their behalf. Co-survivors (friends, family members, partners, loved ones) can also reach out for support.
- The Line is open Monday-Friday during business hours and 24 hours on the weekend when classes are in session.
- During most breaks (summer, spring, etc.), advocacy services are available Monday-Friday during business hours. The Line is typically closed on university holidays.
- <https://www.luc.edu/wellness/gender-basedviolence/advocacyline/>

**Chicago Rape Crisis Hotline: CALL 888-293-2080**

- Operating 24/7, the Rape Crisis Hotline provide survivors of sexual violence and their significant others immediate support, crisis intervention and referrals for the city of Chicago and surrounding suburbs. The volunteers and staff at the hotline have received extensive training in sexual assault crisis intervention.
- The Chicago Rape Crisis Hotline is also the Rape, Abuse and Incest National Network (RAINN) affiliate for the city of Chicago
- Text and chat services available: Monday-Friday, 3:00 pm – 11:00 pm CST.
- <https://ywcachicago.org/our-work/sexual-violence-support-services/rapecrisis/#:~:text=Call%20888%2D293%2D2080%20for.of%20Chicago%20and%20surrounding%20suburbs.>

**National Sexual Assault Hotline RAINN: CALL 1-800-656-4673 (HOPE)**

- <https://www.rainn.org/resources>
- You can call or chat online through their website
- You'll be routed to a local RAINN affiliate organization based on the first six digits of your phone number. You can enter the ZIP code of their current location to more accurately locate the nearest sexual assault service provider.
- How it works:  
<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>