

For Students:

Navigating Stress, Identity, and Support

In Jewish tradition, learning and growth are sacred pursuits, but they are best done in community. College is not only a time for academic exploration, but also for discovering who you are and who you wish to become. You are not meant to do this alone; support is available, and your wellbeing matters.

Getting Started!

Taking the first step toward getting help can feel overwhelming, but you don't have to do it alone.

1. Identify what you need.
2. Make one call or send one message.
 - Each organization listed here is ready to listen and connect you to resources. Even if they're not the perfect fit, they can help you find the right one.
3. Follow up and stay connected.
 - Getting help is a process. It's okay to reach out more than once, that's what these resources are for.
4. Remember: You are not alone.

Support is available, in crisis and in everyday life, to help you move forward safely, securely, and with dignity.

If you or someone you know is in immediate danger, call 911.

Crisis Hotlines:

- UIPD REACH (for UIUC affiliates): (217) 333-8911
- National Suicide & Crisis Lifeline: Call or text 988
- Crisis Text Line: Text HOME to 741741
- Shalom Task Force – (888) 883-2323 (confidential Jewish hotline)

Jewish Student Life

- Illini Hillel
 - (217) 344-1328 | illinihillel.org
- Chabad Jewish Center at UIUC.
 - (217) 355-8672 | jewishillini.org
- OU-JLIC (Orthodox Union Jewish Learning Initiative on Campus)
 - (217) 721-9238 | illinihillel.org/oujlic

Balancing classes, work, relationships, and personal wellbeing can feel overwhelming, and at times, exhausting. Burnout isn't a sign of weakness; it's a signal that you've been trying to do too much for too long without enough rest or support.

In Jewish wisdom, even creation itself included a day of rest — Shabbat — reminding us that rest is sacred and necessary for renewal. In moments of stress or exhaustion, we can also hold onto the phrase Gam Ze Yaavor (גם זה יעבור) — “this too shall pass.” It’s a reminder that no season of struggle lasts forever, and that healing, growth, and new beginnings are always possible.

Learning how to pause, ask for help, and create balance honors your body, your mind, and your spirit.

Food Insecurity & Financial Help

- UIUC Student Assistance Center
 - (217)333-0050
- UIUC Emergency Dean Program
 - Call the University of Illinois Police at (217) 333-1216 and ask for the Emergency Dean.
- UIUC Illini Food Pantry
 - go.illinois.edu/foodpantry
- Parkland Foundation Emergency Student Assistance
 - (217)351-2462
parkland.edu/foundation
- Dean of Students – Parkland College
 - (217)351-2308
parkland.edu/studentlife

Campus Mental Health Resources

- UIUC Counseling Center
 - (217) 333-3704 | counselingcenter.illinois.edu
- Parkland College Counseling Services
 - (217) 351-2468 | parkland.edu/counseling

Identity-Based Support

- Gender & Sexuality Resource Center (UIUC)
 - (217) 244-8863 | go.illinois.edu/gsrc
- Diversity, Equity, and Inclusion (DEI) – Parkland College
 - (217) 353-2079 | parkland.edu/DEI
- Parkland Student Life Office
 - (217) 351-2308 | parkland.edu/studentlife