

Chicago-Kent College of Law
Illinois Institute of Technology
Student Health and Wellness Resources

University Sponsored Resources

Office of Academic Administration and Student Affairs

The Office of Academic Administration and Student Affairs is dedicated to providing you with the best possible learning environment and supporting you in fulfilling your academic goals through a variety of means, including:

- Assisting you in resolving problems and coordinating resources, both internal and external, for your personal and academic enrichment
- Serving as your liaison and advocate in academic, administrative, health and wellness issues and personal matters
- Assisting you in making the transition to successful law students and professionals

Student Health and Wellness Services

- Provides counseling for personal concerns, academic difficulties, career issues, cultural adjustments
- Services are confidential
- Most services are free; psychiatry appointments and medication may be covered by health plan
- To make an appointment call 312-567-7550
- Located on the Main Campus in the IIT Tower. Counseling is available at Chicago-Kent
- <http://web.iit.edu/shwc/services/counseling-services>

Let's Talk Program

Let's Talk is a drop-in consultation service, providing one-on-one mental health support for students. Students can speak with a counselor for short appointments up to 20 minutes to address stress, anxiety, relationship problems, or any other concerns. You don't have to make an appointment, just walk in. Counselors can help students identify resources on and off campus, develop new ways to approach a problem, or simply offer a different perspective. Let's Talk consultations are:

- Free for any IIT student
- Confidential and informal (consultations are not therapy sessions)
- Downtown campus, Room 290, from 3-4pm on Wednesdays

Aetna Student Assistance Plan (SAP)

Student assistance, 24 hours a day, seven days a week for all IIT students, including Chicago-Kent students. You can access these services 24 hours a day, seven days a week, through the "Eligible Members" log in box on the right.

- Toll-free access to trained clinicians who can confidentially help you with issues such as: stress, depression, addictions, eating disorders, relationship issues, and other emotional concerns.
- www.aetnasap.com
- 1.877.351.7889

Lawyers' Assistance Program

The Lawyers Assistance Program (LAP) holds periodic office hours at Chicago-Kent. LAP provides free and confidential assistance to members of the Illinois legal community, including students, and can help you with issues of addiction, stress, anxiety, depression, focusing, worries about the character and fitness process, and having a successful first-year transition.

- Call toll free: 800-LAP-1233
- gethelp@illinoislap.org

IIT's Public Safety Department

- 1.312.808.6363 (available 24 hours a day/ 7 days a week)

Off Campus Sponsored Resources

Rape Victim Advocates (RVA)

Individual, group, family, couples, and school-based (per request) counseling; art therapy and trauma-informed care with evidence-based modalities (Services in English and Spanish)

- 1.312.443.9603
- Phone number for students needing to access Rape Victims Advocates' 24-hour Confidential Advisor is 1.773.907.1062

Center on Halsted

Center on Halsted is the Midwest's most comprehensive community center dedicated to advancing community and securing the health and well-being of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) people of Chicagoland. More than 1,000 community members visit the Center every day, located in the heart of Chicago's Lakeview Neighborhood.

- www.centeronhalsted.org
- Open to the public every day from 8:00 am-9:00 pm

Howard Brown Violence Recovery Project

Howard Brown Health exists to eliminate the disparities in healthcare experienced by lesbian, gay, bisexual and transgender people through research, education and the provision of services that promote health and wellness.

- 4025 N Sheridan Rd Chicago, IL 60613
- 1.773.388.1600
- vrp@howardbrown.org

Live Oak

At Live Oak, we believe that the roots of a healthy life are integrity, authenticity, wholeness and connection. In an increasingly de-humanizing world, Live Oak helps individuals more fully connect to the deeper parts of themselves and others. We emphasize fully integrating identity, roles and life experiences in order to maintain psychological health.

- info@liveoakchicago.com
- www.liveoak.com

IntraSpectrum

We are committed to providing an affirming therapeutic environment for the LGBTQI (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, and Intersex) population and beyond that supports the development of a strong professional relationship between clients and their therapists. The safety and strength clients draw from that solid therapeutic relationship allows them to feel more freedom to examine, embrace, and express who they really are.

- <http://intraspectrum-chicago.com/>
- 773.750.3505

Apna Ghar

At Apna Ghar we recognize that immigrant survivors of gender violence in the United States face unique challenges, including limited access to legal, social, protective and support services. Apna Ghar provides comprehensive and holistic services to survivors as they begin their journeys of healing and empowerment. We also conduct community education and address systemic barriers that immigrant survivors face.

- 4350 N Broadway St, 2nd Floor, Chicago, IL 60613
- 1.773.334.4663

Other Resources

- National Suicide Prevention Lifeline
1.800.273.8255
- Chicago Rape Crisis Hotline
1.888.293.2080
- Hazeldon Substance Abuse Recovery
1.800.257.7810
- Aetna 24hr Nurse Advice Hotline
1.800.556.1555