

THE EUROPEAN UNION CENTER'S GUIDE TO CAMPUS AND COMMUNITY RESOURCES FOR GRADUATE STUDENTS

The **European Union Center** strives to be a point of support and resources for graduate students pursuing the study of Europe and beyond. As such we have compiled a list of campus and community resources for our student community to reference if they find they are in need of assistance for various matters both academic and personal, especially during this unprecedented situation created by COVID-19.

UNIVERSITY OF ILLINOIS CAMPUS RESOURCES

The Graduate College is the best place to start. It has a general list of services and support. The Graduate College also has very up-to-date webpages with current updates on policies and modifications due to the ongoing coronavirus crisis.

<https://grad.illinois.edu/need-help>

<https://grad.illinois.edu/covid-19-updates>

The **Office of Student Affairs** also keeps an updated comprehensive COVID-19 resources and support page.

<https://studentaffairs.illinois.edu/node/11962>

The **International Student & Scholar Services (ISSS)** office also keeps an updated COVID-19 resources page with information particularly relevant to international students.

<https://iss.illinois.edu/updates/coronavirus.html>

For students who find that they are struggling for any reason or experience an acute moment of crisis, the university has two resources: the **University Counseling Center** (same-day appointments available), and **McKinley's Mental Health Clinic** (walk-ins available).

<http://counselingcenter.illinois.edu/node/116>

<https://mckinley.illinois.edu/medical-services/mental-health>

McKinley Health Center also has resource webpages for students on a range of topics for those who find that they are in need of medical care.

Dial-a-Nurse: <https://mckinley.illinois.edu/medical-services/dial-nurse>

Telehealth: <https://mckinley.illinois.edu/medical-services/telehealth>

Women's Health: <https://mckinley.illinois.edu/medical-services/womens-health>

LGBTQ+ Health: <https://mckinley.illinois.edu/health-education/sexual-health/lgbtq-health>

McKinley's Health Resources and Resource Centers:

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

Wellness Resources: <https://mckinley.illinois.edu/health-education/wellness>

The **Office of Student Financial Aid (OSFA)** is an important office to be aware of because they have special policies applicable to situations created by the COVID-19 crisis.

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

<https://osfa.illinois.edu/process/how-to-apply/#making-a-change>

<https://osfa.illinois.edu/forms/2020-2021-forms/>

The university's **Women's Resource Center** and the **Office of Inclusion and Intercultural Relations** are important campus resources. Please see their websites for resources, policies, and COVID-19 updates.

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

<https://oiir.illinois.edu/womens-center>

If you are caring for children at home due to COVID-19, the **Graduate College** has specific tips for working at home with kids:

<https://blogs.illinois.edu/view/6397/809459>

CHAMPAIGN-URBANA COMMUNITY SUPPORT AND RESOURCES

The various **Champaign-Urbana area hospitals** have community resource pages for those who need help. Please visit their sites to learn more about their community health services and initiatives:

Carle's Community Impact program: <https://carle.org/about-us/community-impact>

OSF Heart of Mary Medical Center, Social Services and Community Partners: <https://www.osfhealthcare.org/heart-of-mary/amenities/social-services/>

Champaign County's Regional Planning Commission (CCRPC) organizes many community resources, including Head Start, shelters and domestic violence refuges, childcare and after-school programs, immigration and refugee services, pregnancy and parenting services, mental health and substance abuse resources, various health resources, legal and economic resources, crisis intervention services, and many others. For the complete list, visit their Community Partners website. CCRPC also has a COVID-19 general resource guide and a resource guide specifically tailored for immigrants.

<https://ccrpc.org/programs/headstart/about-us/our-community-partners/>

<https://ccrpc.org/wp-content/uploads/2020/03/Resources-for-Families-During-COVID-19.pdf>

<https://tinyurl.com/cuimmigrantcovid>

The **University YMCA** also has several services available. One of particular relevance to graduate students is the YMCA scholarships website, which also involves subsidies for unpaid internships for both graduate and undergraduate students.

<https://universityymca.org/>

<https://universityymca.org/bailey/>

The **City of Urbana** and **Champaign County** also have useful community support services and resource guides.

City of Urbana: <https://www.urbanaininois.us/COVID-19>

Champaign County's [Community Resource Guide \(PDF\)](#).

The **Champaign-Urbana Public Health District** (CUPHD) also has a useful list of community resources, including services for maternal and child health, environmental health, teen and adult services, wellness and health promotion, dental health, and others. CUPHD also has a guide with updates about the local rules and regulations regarding COVID-19.

<https://www.c-uphd.org/>

<https://www.c-uphd.org/champaign-urbana-illinois-coronavirus-information.html>

The **University of Illinois' School of Social Work** and **Parkland College** have compiled comprehensive lists of community services.

<https://socialwork.illinois.edu/c-u-community-resource-guide/>

<https://www.parkland.edu/Main/About-Parkland/Department-Office-Directory/Counseling-Services/Mental-Health-Counseling/Community-Resources>