Dear Faculty and Staff,

Today, we begin the final weeks of our spring semester, which will likely be one of the most stressful periods of your experience as a member of our university community. We want you each to know that your mental and emotional health is just as important as your physical health to all of us at the University of Illinois at Urbana-Champaign.

Today, the university sent this email to undergraduate and graduate students pointing them to the health and wellness resources available to them. Please share these resources with your students often and encourage them to use them.

As you begin to navigate these unprecedented last few weeks of the semester, we hope you will also continue to monitor your own wellbeing and to utilize the support resources available to you as faculty and staff members:

**COVID-19 Campus Wellbeing Services**

Illinois Campus Wellbeing Services has created a [Coping with COVID-19 Toolkit](#). It includes a variety of self-care resources.

**Faculty/Staff Assistance Services**

Faculty/Staff Assistance Services (FSAS) is continuing to provide services by shifting to phone and virtual services. FSAS remains available to address any urgent needs and concerns. Please feel free to contact them at fsas@illinois.edu or 217-244-5312 during standard business hours of Monday through Friday, 8:00 AM – 5:00 PM.

**Community Telehealth Therapists**

We also have a list of therapists in the community providing telehealth services and FSAS can facilitate those referrals. Please contact fsas@illinois.edu if you are interested in more information about those services.
Rosecrance
We have a partnership with Rosecrance, a local mental health treatment center. For more information, please contact 217-328-4500. They also operate a 24-hour emergency crisis line at 217-359-4141.

Finally, we want to be clear, all of you are valued members of our university community. It is distressing to hear racist and xenophobic language being used in national discourse about the COVID-19 pandemic. Such language is antithetical to the values of this university, and we ask you to continue being kind and respectful to one another.

These resources are here to support you. We hope you will utilize them if you need them.

Sincerely,

Robert J. Jones
Chancellor

Elyne Cole
Senior Associate Chancellor for Human Resources

This mailing approved by:
Office of the Chancellor

sent to:
Academic Professionals, Civil Service, Faculty & Extra Help