



**Student Affairs**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



# ACES and the Counseling Center Have Partnered for Your Wellness!

Mark Layng, LCPC, is available to assist ACES students. As a Counseling Center embedded clinician within the college, he understands common concerns ACES students have.



## Virtual Counseling

Time -limited individual counseling will be offered virtually this semester. All counseling is confidential and is done via Zoom PHI to protect your privacy.



## Virtual Outreach

Virtual outreach is available to teach about several wellness areas in an interactive, fun way. Common topics include time and stress management.



## Emergency?

If you need to immediate assistance, please call the Counseling Center at 217-333-3704 . After hours, please call 911 or the Crisis Line at 217-359-4141.