UIC cares about you. These past few weeks have brought a great deal of changes as we endeavor to flatten the curve and limit the spread of COVID-19. These changes can cause stress, and you may have questions and need support. Your UIC family is here for you and is so proud of you.

There are many resources that UIC has available to support you during this time. Here are a few highlights:

- **Need academic and other study help?**
  - There are a number of academic and advising support services available to you.

- **Feeling isolated?**
  - The Centers for Cultural Understanding and Social Change are coming up with all kinds of creative ways to stay connected during this time. Never visited a Center before? That is okay! They are excited to welcome you to one of their virtual communities.
  - The Counseling Center is meeting with students virtually and continues to offer after-hours crisis care.

- **Concerned about food insecurity?**
  - The Wellness Center's Pop-Up Food Pantry is open every Tuesday and Wednesday from 2-4pm.

- **Concerned about safety?**
  - In the case of an emergency, please contact UIC Police or your local emergency services.
  - The Campus Advocacy Network is a confidential resource available to provide support and advocacy for students who have experienced interpersonal violence. Advocates are available to meet by phone, videoconference, and online chat.

- **Concerned about employment?**
  - Career Services staff are available for virtual appointments, and they have lots of information about current short-term, long-term and summer employment opportunities.
● **Have other concerns?**
  ○ The [U & I Care Program](#) is here for you as a resource should you require additional support.
  ○ [dream.uic.edu](#) includes a wide variety of information and resources for undocumented students.
  ○ Please reach out to the [Office of the Dean of Students](#) at dos@uic.edu and their staff are happy to help you find resources.

Please visit the respective websites of these various programs/resources for more information on how to access their services.

For additional information on COVID-19, please see [this page](#) for the latest announcements from the University.

**Take care of yourself, take care of each other, and please, wash your hands.**
Don’t hesitate to reach out if you need support.