

Psychology 270: ABNORMAL PSYCHOLOGY

FALL 2021 - 3 credit hours (CRN: 25933)

Tues & Thurs 11 am to 12:15 pm (Online Class)

Instructor:

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Online Office Hours: Thursdays 12:30 – 1:30 pm, by Appointment.

Teaching Assistants:

Sinem Yilmaz

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Online Office Hours: Fridays, 1 pm to 2 pm, by Appointment

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Online Office Hours: Tuesdays 1pm – 2 pm, by Appointment.

Note on Office Hours: Since office hours are online (via Collaborate or Zoom), please email the Instructor and TA 24 hours in advance for an appointment. Appointments will ensure that we have plenty of time to dedicate to each student, and that students do not have to wait for their turn online. If you cannot meet during office hours, please email us some potential days/times and we can schedule a meeting for another day.

Prerequisite: Psch 100

Textbook: *Rosenberg, RS and Kosslyn, SM (2014). Abnormal Psychology, 2nd Edition. New York: Worth Publishers.* Either electronic versions or hard copies of the textbook are accepted. Please obtain the 2nd edition of this textbook since it is the one that is up-to-date. The first edition is outdated with regard to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

Welcome to Psch 270: Abnormal Psychology. We want to make learning as impactful as possible this semester, while also acknowledging the stress you may still be feeling about the challenges related to the Pandemic. We will strive to abide by two overarching principles in this class: 1) engage in clear and frequent two-way **communication** regarding our expectations of

you, the class workflow, and unexpected challenges related to exams, or timely completion of assignments; 2) build an **inclusive learning community** in which we all abide by the same ground rules and ethical code of conduct. We look forward to connecting with you this semester. We will do our best to support your learning experience by listening to your needs and by conducting this course with compassion, empathy, and patience.

Our Inclusive Learning Environment. UIC values diversity and inclusion. Diversity is what makes our community great! We will do our best to make every student feel welcome, engaged, and respected for their opinions. Regardless of age, disability, ethnicity, race, gender, gender identity, sexual orientation, socioeconomic status, geographic background, religion, political ideology, language, or culture, we expect all members of this class to contribute to a respectful, welcoming, and inclusive environment for every other member of our class. If there are aspects of the instruction or design of this course that result in barriers to your inclusion, engagement, accurate assessment or achievement, please notify the Instructor as soon as possible.

Course Description. This online course will provide the students with the foundations of Abnormal Psychology (Psychopathology), the science of studying mental disorders, their causes, symptoms and treatment. Students will learn about the symptoms, clinical assessment, potential causes, and treatments of many psychological disorders, including depression, anxiety disorders, phobias, psychosis, schizophrenia, and personality disorders. Students will be encouraged to use critical thinking in relation to clinical, social and research issues in Psychopathology. Current Mental Health Issues that emerged during the Pandemic will also be covered during the live class meetings. Psychiatric disorders (etiology, symptoms, and scientific classifications) will be discussed based on a Neuro-psycho-social theoretical framework, as well as the Diagnostic and Statistical Manual of Mental Disorders (DSM; currently DSM-5).

Online Lecture Format. This online course will be mostly Asynchronous, with a few Synchronous class discussion meetings in Blackboard Collaborate. Regarding asynchronous lectures, the pre-recorded video lessons will be available at the beginning of each week under “Weekly Content” in Blackboard. Every student who is enrolled in this class has ready access to the pre-recorded video lessons and all materials under Weekly Content. The Instructor cannot grant individual access, if you have technical problems with accessing the videos please read the

advice provided under Announcements, or contact LTS (LTS@uic.edu) for help. The recorded lectures will cover the Instructor's lectures notes, assigned materials, readings, class activities and videos. Detailed Powerpoint lecture notes, matching the pre-recorded video lectures, will also be posted under Weekly Content every week.

Live Class Discussions (about bi-weekly, Thurs, 11 am to 12:15 pm; 20 points). These informal live online meetings are meant to provide a relaxed and welcoming environment for students to interact and talk with the Instructor and TAs. These sessions will give everybody an opportunity for questions and comments, for discussing mental wellness/illness issues, clinical cases, issues related to the Pandemic, social issues, educational videos, and participation in class activities. Students are greatly encouraged to participate so that they may feel more engaged with the class, which in turn will help their learning. These meetings are worth 20 points. In order to get these points students need to be in class and actively participate for the whole class duration. If you have any suggestions on topics or activities for the class discussions please email the Instructor and we will try our best to accommodate. Each live class will also be recorded and will be available in the Collaborate folder "Recordings". **To join the live class sign into Blackboard. Then open the class folder in Blackboard, and click on "Collaborate". You will be prompted to join the session.**

NOTE: We will usually record the live class sessions for students who may be occasionally unable to attend synchronously. The recording feature for others is disabled so that no one else will be able to record this session. The recorded class sessions will be posted on Blackboard Collaborate under "Recordings", unless otherwise notified. If you have privacy concerns and do not wish to appear in the recording, turn OFF your video and notify the Instructor in writing (via email) asap and prior to the next class session. If you would like to ask a question, you may do so privately through the chat feature by addressing your question to the Instructor or the TA only (and not to "everyone"), or you may contact us by email. If you have questions or concerns about this video recording policy, please contact the Instructor before the end of the first week of class.

E-mail Communications. E-mail is the best way to reach us! Please email us with any questions or concerns you may have about the course and study materials. *Prompt communication is a smart strategy to ensure that we can help you effectively!* When you contact us by email please include "psch 270" in the subject line. When emailing about scheduling a meeting with the Instructor or the TA, please include specific times that work for you in your initial email. We

will check emails during weekdays, M - F (9 am to 5 pm) and will return your email within 24 - 48 hours.

Communicating in Online Classes. We understand that it is much easier to talk and ask questions during a face-to-face class than during an online class. However, we are trying to recreate the in-person class interactions as much as possible. Please do not feel intimidated, your questions and comments are always very welcome! The Instructor will often ask if there are any questions and leave some time for students to ask them. Please use your microphone and video as much as possible for questions. The instructor will also answer to the Blackboard chat messages during times set aside for this purpose. *Note: Because we will address sensitive and complex mental health and socio-cultural issues, students are expected to be respectful and considerate toward others while asking/answering questions or making comments, and will be asked to keep an open mind about different cultural aspects, different points of views and opinions.* Actions, text messages and talks that are disrespectful to any student or the Instructor and TAs, and that disrupt the classroom, will not be tolerated, and will be reported to the appropriate UIC officials.

Blackboard. Our Blackboard course site (<http://blackboard.uic.edu>) has been organized to facilitate both access to course materials and to a broad array of UIC campus resources and community information such as advising support, online events, health and wellness tools, etc. The information is provided at the university, college, and department/course levels to help you more efficiently navigate to the resources and tools you need to be successful in your courses this semester. Students are expected to log into the course site regularly to learn about any developments related to the course as well as to upload assignments and communicate with classmates. For all technical questions about Blackboard, email ACCC Learning Technology Solutions at LTS@uic.edu.

Please check these important Blackboard folders on the Main Menu page:

- **Syllabus.** A very detailed class syllabus includes course requirements, assignments and grading policies, as well as the weekly schedule and topics. Please read the syllabus carefully and let us know if you have any questions.

- **Getting Started.** This folder contains general information about Blackboard, technical requirements, general UIC resources, online etiquette guidelines, and getting started.
- **About this Course.** This folder contains information about the Course content and organization, the course learning objectives, the Instructor and TAs.
- **Class Announcements.** Please check Class Announcements regularly, in order to be up-to-date with all the important information for the class.
- **Weekly Content Folder.** Lecture notes, assignment instructions, and class materials are posted on Blackboard every week, under the folder “Weekly Content” (weeks 1-16). Please check this folder at the beginning of each week to know what you need to work on for that week!
- **Discussion Forum.** There will be four graded Discussion Forum questions (see Syllabus schedule) to engage students in guided class discussions. The graded questions will be posted a week in advance, and students will have a week to submit their reply. The Forum is also a chance for students to get to know each other better and share ideas. There may be also extra-credit opportunities in this format as well. A detailed explanation of how the Discussion Forum works is provided on Blackboard, under Weekly Content - Week 1.
- Additional folders will be created for **Exams and Assignments**, Study Guides, Final Paper instructions, etc.

COURSE REQUIREMENTS AND GRADES

The final grade will be obtained from scores on three exams, one final paper, four graded discussion forum questions, and extra-credit opportunities. After you receive your scores and our feedback on various assignments and exams, please reach out to the TAs and Instructor if you have questions or want to receive more feedback or advice on future assignments.

THREE ONLINE EXAMS. Three non-cumulative online exams will have a multiple choice and short essay format, and will be administered online through Blackboard. Each exam will cover lecture contents, book chapters, readings, selected videos and case studies. Study Guides and practice questions will be posted before each exam. **The exams need to be completed in**

Blackboard within the class time. No handwritten materials are accepted for exams, and will result in a score of zero. Any evidence of plagiarism will result in a score of zero. If you do not have home access to a computer and internet for the exams, you can take the exams on campus using UIC campus computers. Please reach out to us in advance if you have any issues.

Make-up Exams. Make-up exams with no penalties will be granted only in case of family or personal emergencies, illness, catastrophes or valid events, that will need to be documented (e.g., hospital or doctor's note; a relative's funeral note, death certificate note; religious holiday). The student needs to contact the Instructor and TA, either before the exam or within 24 hours from the missed exam date in order to be able to take a make-up exam. **If a student misses an exam but cannot provide any documentation on their emergency, they can take the exam within 2 days from the exam date, with a 20% penalty for every late day.** *Remember that prompt communication via email is key for us to be able to help you with your challenges!*

FINAL PAPER. A 4-page double-spaced **final paper** on a case study from the textbook is due **by 11/16 Midnight**. Final Paper instructions will be explained in class and posted on Blackboard. Off-topic papers will receive 0 points. Points will be taken away if the paper is less than 4 pages. Please make sure you summarize concepts and details in your own words and cite any sources that you use, in order to avoid any issue of plagiarism. The paper must be uploaded on Blackboard and will automatically undergo SafeAssign check for plagiarism. Handwritten papers are not accepted and will result in a score of zero. If you have problems uploading your paper onto Blackboard, please email the paper to the TA by the deadline, and then the TA will help you upload your paper correctly.

Policy on Late Papers. **Late papers will be accepted but 10% of the points will be deducted for each day past the deadline.** For example, if a paper is turned in 3 days late a 30% penalty will be applied on the paper grade. Both week and weekend days count as late days. Late assignments may not have a penalty in case of personal/family emergencies or catastrophes or for valid events (e.g., religious holidays) that will need to be documented. The student needs to contact the Instructor and TA within 24 hours from the missed deadline in order to avoid the penalty in these circumstances. For extra-credit papers we do not accept late work.

DISCUSSION FORUM. There will be four graded Discussion Forum questions (see syllabus for schedule). A few extra-credit opportunities will also be offered. The graded questions will be posted a week in advance, and students will have a week to submit their reply. No late work is accepted for the discussion forum without proof of personal or family emergency.

EXTRA-CREDIT OPPORTUNITIES. A few extra-credit opportunities will be offered to students who are in class. Other opportunities will be announced and posted on Blackboard, during the semester, and are open to any student who is interested.

EXTRA-CREDIT PAPER. An **Extra-credit Paper** (1 ½ page long; 6 points) is **due by 11/30 midnight**. This paper needs to be turned in by the deadline to receive credit. No late work is accepted.

GRADING POLICY: Final grades will be determined by total points as follows:

<i>Course Requirements</i>	<i>Points</i>	<i>Grade Percent</i>
Exam 1	90	25%
Exam 2	90	25%
Exam 3	90	25%
Final Paper	40	12 %
4 Graded Discussion Forum essays (5 pts each)	20	6.5%
6 Live Class Discussions (3.33 pts each)	20	6.5%
Total	350	100%

<i>Grade</i>	<i>Points</i>
A: 90 to 100%	315 - 350
B: 80 to 89%	280 - 314
C: 70 to 79%	245 - 279
D: 60 to 69%	210 - 244
F: 0 to 59%	0 - 209

All points obtained from exams and assignments, as well as extra credit points, are added up, as a simple addition, to obtain the final grade. Extra credit points are added to the total score (for instance, if a student has a total score of 310 from exams and assignments, and has also collected 15 extra-credit points, their total score is 325/350, which would result in an A). Regarding the final grade, if a final sum of points is at least .5 away from the next higher raw point, it will be rounded up to the next higher point (e.g., 330.5 will be rounded up to 331).

Note on the “Incomplete” option: Following departmental guidelines, Incompletes are granted only for a documented personal or family emergency towards the end of the semester that prevent a student from attending class and completing the last few assignments. Incompletes are not given to students who have failed to regularly turn in their work from the beginning of the semester. Incompletes are granted as a result of a prompt conversation with the Instructor, and are not given on a very short notice or at the last moment. The student needs to discuss their emergency with the Instructor asap, and at least two weeks before final grades are due, to agree on a plan for finishing their assignments in a timely fashion. Failure to communicate promptly with the Instructor will result in the Instructor not granting an Incomplete.

Disability Services Notification. Students who have a letter of accommodation (LOA) should email the Instructor by the end of the first week, and provide a pdf of the letter, so that we can start planning on the best way to help. Students with a LOA will automatically receive 48 extra hours on written assignments and double the time on exams. UIC is committed to full inclusion and participation of people with disabilities in all aspects of university life. Students who face or anticipate disability-related barriers while at UIC should connect with the **Disability Resource Center (DRC)** at drc@uic.edu, or at (312) 413-2183 (voice) or (312) 413- 0123 (TDD) to create a plan for reasonable accommodations. In order to receive accommodations, students must disclose disability to the DRC, complete an interactive registration process with the DRC, and provide their course instructor with a Letter of Accommodation (LOA). Course instructors in receipt of an LOA will work with the student and the DRC to implement approved accommodations http://www.uic.edu/depts/oar/campus_policies/disability_notification.html.

Holidays and Religious Days of Special Observance. Please let us know if you need to miss class or need to reschedule an exam due to a religious holiday. See <https://oae.uic.edu/religious-calendar/>.

Our UIC Community Agreement. By submitting your assignments for grading you acknowledge these terms, you declare that your work is solely your own, and you promise that, unless authorized by the instructor or proctor, you have not communicated with anyone in any way during an exam or other online assessment. Let's embrace what it means to be a UIC community member and together be committed to the values of integrity. Let us commit to upholding a class "**Honor Code**" in which we trust one another and engage only in behaviors that reflect our community standards of academic integrity.

Academic Integrity, Cheating or Plagiarism - Student Community Standards. UIC is an academic community committed to providing an environment in which research, learning, and scholarship can flourish and in which all endeavors are guided by academic and professional integrity. In this community, all members including faculty, administrators, staff, and students alike share the responsibility to uphold the highest standards of academic honesty and quality of academic work so that such a collegial and productive environment exists. As a student and member of the UIC community, you are expected to adhere to the Community Standards of integrity, accountability, and respect in all of your academic endeavors. When accusations of academic dishonesty occur, the Office of the Dean of Students investigates and adjudicates suspected violations of this student code. Unacceptable behavior includes cheating, unauthorized collaboration, fabrication or falsification, plagiarism, multiple submissions without instructor permission, using unauthorized study aids, coercion regarding grading or evaluation of coursework, and facilitating academic misconduct. What is plagiarism? A student who submits a paper (or parts of a paper) that they or others wrote for other classes, or a paper which in whole or part has been written by someone else, or which contains passages quoted or is paraphrased from another's work without acknowledgement (quotation marks, citation, etc.) is committing plagiarism. Maintain your integrity when completing assignments. To avoid plagiarism, summarize content and concepts in your own words, and cite all the sources you use! If you are unsure about what constitutes plagiarism ask the Instructor and TA, and they will help you. Students who plagiarize work may be subject to various disciplinary actions, including a failing

grade on a particular assignment, failure of the entire course, and possible expulsion from the university. Please refer to the UIC Student Handbook (<https://dos.uic.edu/wp-content/uploads/sites/262/2019/01/FINAL-VERSION-2019.pdf>) and the Student Disciplinary Policy (https://dos.uic.edu/wp-content/uploads/sites/262/2020/01/DOS_Student-Disciplinary-Policy-2020.pdf) for specific rules regarding these matters./5wshgq

Respect for Copyright. Please protect the integrity of all course materials and content. By enrolling in this course, you agree to honor this request. Be mindful of the hard work and time that instructors and TAs put into creating course materials such as exam and quiz questions, worksheets, lecture videos, and reading materials. Please do not upload course materials not created by you onto third-party websites or share content with anyone who is not enrolled in our course. I am grateful for your cooperation in honoring this important request.

Electronics Use Policy. Please turn off your cell phone or set it to vibration during the online class. During class please mute your microphone until you are ready to talk and be respectful when others take their turn talking with their microphone. Loud noises, music or phone ringing during class are not respectful towards others. Students who disrupt class with improper behaviors or excessive use of electronic devices may lose 10 points on their final grade.

Fall 2021 Course Schedule

Note: this course schedule may be revised as needed. All revisions will be posted on Blackboard in a timely fashion.

Week	Day	Date	Topic	Chapters
1	T	8/24	Syllabus and Course Introduction Live Class at 11 am: Syllabus and Course Introduction What is mental illness? Scientific and Cultural Accounts	Ch 1
	R	8/26	What is mental illness? Scientific and Cultural Accounts Discussion Forum: Introductions	Ch 1

2	T	8/31	The Neuro-psycho-social Approach	Ch 2
	R	9/2	The Neuro-psycho-social Approach Live Class Discussion (11 am -12:15 pm)	Ch 2
3	T	9/7	Clinical Diagnosis and Assessment, DSM 5	Ch 3
	R	9/9	Clinical Diagnosis and Assessment, DSM 5 Graded Discussion Forum# 1 due	Ch 3
4	T	9/14	Mood Disorders: Depression	Ch 5
	R	9/16	Mood Disorders: Bipolar Disorder Live Class Discussion (11 am - 12:15 pm)	Ch 5
5	T	9/21	Mood Disorders: Treatments	Ch 5
	R	9/23	Mood disorders: Suicide Prevention Graded Discussion Forum # 2 due	Ch 5
6	T	9/28	Anxiety Disorders	Ch 6
	R	9/30	Anxiety Disorders	Ch 6
7	T	10/5	EXAM 1 (Chapters: 1, 2, 3, 5)	
	R	10/7	Obsessive Compulsive-related and Trauma-related Disorders Live Class Discussion (11 am - 12:15 pm)	Ch 7
8	T	10/12	Schizophrenia	Ch 12

	R	10/14	Schizophrenia <i>Graded Discussion Forum # 3 due</i>	Ch 12
9	T	10/19	Eating Disorders	Ch 10
	R	10/21	Eating Disorders Live Class Discussion (11 am - 12:15 pm)	Ch 10
10	T	10/26	Personality Disorders	Ch 13
	R	10/28	Personality Disorders	Ch 13
11	T	11/2	<i>Watch: NOVA Documentary on Addiction and the Opioid Epidemic</i> Substance Abuse	Ch 9
	R	11/4	EXAM 2 (Ch 6, 7, 10, 12)	
12	T	11/9	Substance Abuse	Ch 9
	R	11/11	Substance Abuse Live Class Discussion (11 am - 12:15 pm)	Ch 9
13	T	11/16	Dissociative Disorders FINAL PAPER DUE	Ch 8 FINAL PAPER DUE BY MIDNIGHT
	R	11/18	Dissociative Disorders	Ch 8
14	T	11/23	Gender and Sexual Disorders <i>Graded Discussion Forum # 4 due</i>	Ch 11

	R	11/25	Thanksgiving (No Class)	
15	T	11/30	Neurodevelopmental Disorders Extra-credit Paper due by Midnight (optional).	Ch 14
	R	12/2	Neurodevelopmental Disorders Live Class Discussion - Conclusions (11 am - 12:15 pm)	Ch 14
16 Finals Week	M	12/ 6	EXAM 3* (Final Exam) 10:30 to 12:30 (Chapters: 13, 8, 9, 11, 14) *Note: the Final Exam date will be confirmed once the UIC official schedule is available	

RESOURCES FOR STUDENTS

For a comprehensive list of Student Resources refer to <https://today.uic.edu/resources/current-student-resources> . Also see Blackboard Assist <https://uic.blackboard.com/ultra/integration/bbAssist> for the latest updates on campus resources and services to students.

The **UIC Library** is located both on east and west campus, provides access to resources, study rooms, and research support both online via chat and in person. At Daley Library on the east side of campus, stop by the reference desk in the IDEA Commons, or make an appointment for research help on either side of campus. Learn more about library policies at <http://library.uic.edu/>. To find research materials in specific subject areas view the Research Guides at <http://researchguides.uic.edu/>

The **UIC Writing Center**. The UIC Writing Center provides excellent online resources to help students with paper writing in general. In addition to working with us on specific written assignments, we strongly recommend that you take advantage of the UIC Writing Center

resources, especially if writing has been a challenge for you in the past, or if you do not have a lot of experience with writing scientific papers. To learn more or set up an appointment: <https://writingcenter.uic.edu/>.

The **Academic Center for Excellence (ACE)** can help if you feel you need more individualized instruction in reading and/or writing, study skills, time management, etc. Please call (312) 413-0031 or visit <https://ace.uic.edu/> for more information.

The **Math and Science Learning Center**, located in the Science and Engineering South Building (SES) at 845 W. Taylor St. 3rd Floor, Room 247, is a meeting place for students in Math, Biological Sciences, Chemistry, Earth and Environmental Sciences, and Physics. At the MSLC, students can meet with graduate teaching assistants for tutoring in 100-level courses, arrange informal group study sessions with other students, or meet up with friends to attend one of the workshops, seminars, or other activities sponsored by the SLC during the semester. Visit the website at <https://mslc.uic.edu/>, call 312-355-4900, or email at mslc@uic.edu.

Care Facts. Care Facts <https://dos.uic.edu/student-assistance/uicare/care-facts/> provides you with weekly information on many topics including exercise, healthy eating, stress and resilience, self-compassion, social connection, time management and more.

The **UIC Wellness Center.** The UIC Wellness Center (<https://wellnesscenter.uic.edu/resources-and-services/>) provides many useful resources on Wellness, and useful guidelines on how to manage and navigate your online classes: <https://wellnesscenter.uic.edu/news-stories/how-to-navigate-online-classes/>.

Counseling Resources for Students. Counseling Services are available for all UIC students. You may seek free and confidential services from the Counseling Center at www.counseling.uic.edu. The Counseling Center is located in the Student Services Building; you may contact them at (312) 996-3490 during normal business hours (M-F, 9 am - 5 pm). If calling after hours, press 2 to be connected to a crisis counselor. In addition to offering counseling services, the Counseling Center also operates the InTouch Crisis Hotline from 6:00 p.m.-10:30 p.m. They offer support and referrals to callers, as well as telephone crisis interventions; please call (312) 996-5535. Furthermore, the **Office of Applied Psychological Services (OAPS)** at UIC offers mental health

services based on a sliding scale, <https://psch.uic.edu/research-programs/clinical/office-of-applied-psychological-services/> .

The **Campus Advocacy Network** provides information and offers resources to all UIC students, faculty, and staff. Under the Title IX law you have the right to an education that is free from any form of gender-based violence and discrimination. Crimes of sexual assault, domestic violence, sexual harassment, and stalking are against the law and can be prevented. For more information or for confidential victim-services and advocacy, contact UIC's Campus Advocacy Network at 312-413-1025 or visit <http://can.uic.edu/>. To make a report to UIC's Title IX office, email [Title IX@uic.edu](mailto:TitleIX@uic.edu) or call (312) 996-5657.

Campus Security. As a UIC student, you've chosen to live in one of the nation's largest cities. But, as at any university, crime is a reality. At UIC, we are strongly committed to our public safety programs, and we encourage students to be proactive in learning what programs and services are available in case of an emergency. You are **DISCOURAGED** from staying in university buildings alone, including lab rooms, after hours and are **ENCOURAGED** to use the **POLICE/STUDENT** patrol escort if you are uncomfortable traveling anywhere on campus. You may request an escort to accompany you to your campus destination on foot by calling (312)996-2830, and between 11:00 pm and 7:00 am you can dial the Red Car service (312)996-6800 if you are alone and need to leave the building. Through Red Car, the university has established a safe evening transportation service for university employees, students, visitors, and other authorized individuals. The car travels between university facilities within the following general boundaries: Clinton Street on the east; Western Avenue on the west; Jackson Boulevard on the north; and, 16th on the south. This service is available only to individuals possessing a valid UIC i-card. The i-card is required to ensure the safety of the driver and other passengers. Navigate to [Life at UIC](#) for more information. Also, you can download the UIC SAFE app, a free personal security tool for students, faculty, and staff. It allows you easy contact with dispatchers and first responders in case of emergency. Finally, by dialing 5-5555 from a campus phone, you can summon Police or Fire for any on-campus emergency. You may also set up the complete number, (312)355-5555, on speed-dial on your cell phone.

ADDITIONAL NATIONWIDE RESOURCES:

Crisis Text Line: Text HOME to 741741 to connect with a Crisis Counselor. Free 24/7 support at your fingertips. US and Canada: text 741741.

National Suicide Prevention Lifeline: The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. 1800-273-8255.

Substance Abuse and Mental Health: SAMHSA's National Helpline: 1-800-662-HELP (4357). SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Veterans Crisis Line: Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. 1800-273-8255. Press 1.