

UCR Mental Health Services & Resources Guide

Fall 2020



Counseling and
Psychological Services

How does getting services work?

- ❖ Schedule appointments for CAPS by calling 951-827-5531. Our Administrative support team will be happy to set you up with an appointment.
- ❖ For more time sensitive consultations, call 951-827-5531 and select **option 1** to speak to a crisis counselor 24/7. *Please do not use crisis option to try to schedule appointments.*
- ❖ Visit our website at <https://counseling.ucr.edu/> for more tools, resources and up-to-date- information!

For immediate safety concerns call UCPD @ 951-827-5222 or 911

- For regular/ non-urgent consultations, questions, appointment information... call 951-827-5531 to speak to an administrative support personnel and they will direct you to a clinical team member.
- For urgent (no imminent threat to safety) consultations, call (951) 827- 5531, option 1 to speak to a crisis counselor.
- **Consultations about concerns for the safety or well-being of another student may include:**
 - noticing changes in functioning (Not eating, cannot get out of bed, poor hygiene)
 - Recent traumatic event/loss
 - Verbalizations or writing/posting of concerning material (e.g. suicidal thoughts/comments or talk of harming others or the community)

Out of CA Therapy Support



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Due to current state licensure restrictions on practicing psychotherapy outside of California, below are resources for mental health services available in other states/countries:

- When you are traveling outside of CA, you have access to care across the country through Anthem's BlueCard® PPO Program. <https://shc.uci.edu/sites/default/files/UC-SHIP-global-core-flyer.pdf>.
- If you're traveling outside the U.S., you have access to care through the Blue Cross Blue Shield Global Core Program <https://shc.uci.edu/sites/default/files/UC-SHIP-global-core-flyer.pdf>. For assistance, please visit Anthem Blue Cross or contact the **Blue Cross Blue Shield Global Core Service Center** at (800) 810-2583 (BLUE).

International Suicide hotlines:

<http://suicidehotlines.com/international.html>.

List of hotlines in various provinces of China:

<https://mp.weixin.qq.com/s/4w4kh5uOIV-0eypAu9pNZw>

Student Affairs Case Management



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- SACM office is currently serving students by appointment via phone and Global Meet.
- Students: Leave a message at (951) 827-5000 or email casemanager@ucr.edu to make an appointment
- Faculty & Staff: Leave a message at (951) 827-5000 or email casemanager@ucr.edu,
- Please see their website for up-date information @ <https://casemanagement.ucr.edu/>

Other Campus Mental Health Related Resources for Students



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- Student Health Services-Psychiatry- <https://studenthealth.ucr.edu/>
 - Referred by either CAPS therapist or Doctor from Student health
- CARE <https://care.ucr.edu/>
 - advocacy, resources and prevention related to issues of sexual assault, relationship violence and stalking.
 - Leave a message at (951) 827-6225, or email advocate@ucr.edu
- SDRC <https://sdrucr.edu/>
 - requests for accommodations, approve services, and coordinate support for students with disabilities
 - Call (951) 827-3861, or email sdrucr@ucr.edu
- The Well <https://well.ucr.edu/>
 - UCR's student well-being and health promotion department
 - Call (951) 827-9355, or email thewell@ucr.edu



Other ways to get support

- **National Suicide Prevention Hotline: 24/7 1-800-273-8255**
 - Website/Live Chat: suicidepreventionlifeline.org
- **Crisis Text Line: 24/7 Text: 741741** from anywhere in the US, at any time, to chat with a trained Crisis Counselor about anything.
 - Website: crisistextline.org
- **Trevor Lifeline 1-866-488-7386**
 - Chat available through Website <https://www.thetrevorproject.org/get-help-now/>
- **Trevor Text** - confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages. Text START to 678678
- **Trans Lifeline: 24/7 1-877-565-8860**
<https://translifeline.org>
- **Riverside Helpline: 1-800-686-4357**
- **California Peer-Run Warm Line: Available 24/7 1-855-845-7415**

Visit CAPS website at <https://counseling.ucr.edu/> for more resources