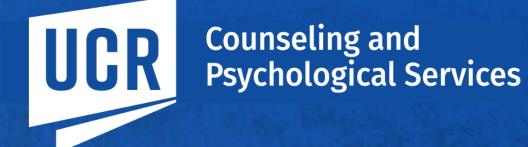
# UCR Mental Health Services & Resources Guide

Fall 2020



### **CAPS Services for Students**



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 <u>https://counseling.ucr.edu/</u> for more tools, resources and up-to-date- information!

## **Crisis Support Services**



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

- For regular/ non-urgent consultations, questions, appointment information... call 951-827-5531to 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)

CAPS SERVICES FREE TO ALL REGISTERED UCR STUDENTS

### **Out of CA Therapy Support**



Counseling and Psychological Services

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 <u>BlueCard® PPO Program</u>. <u>https://shc.uci.edu/sites/default/files/UC-SHIP-global-core-flyer.pdf</u>.
- If you're traveling outside the U.S., you have access to care through the <u>Blue Cross</u> <u>Blue Shield Global Core Program https://shc.uci.edu/sites/default/files/UC-SHIP-globalcore-flyer.pdf</u>. For assistance, please visit <u>Anthem Blue Cross</u> 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



Counseling and Psychological Services

• SACM office is currently serving students by appointment via phone and Global Meet.

- Students: Leave a message at (951) 827-5000 or email <u>casemanager@ucr.edu</u> to make an appointment
- Faculty & Staff: Leave a message at (951) 827-5000 or email <u>casemanager@ucr.edu</u>,

Please see their website for up-date information @ <a href="https://casemanagement.ucr.edu/">https://casemanagement.ucr.edu/</a>

### Other Campus Mental Health Related Resources for Students

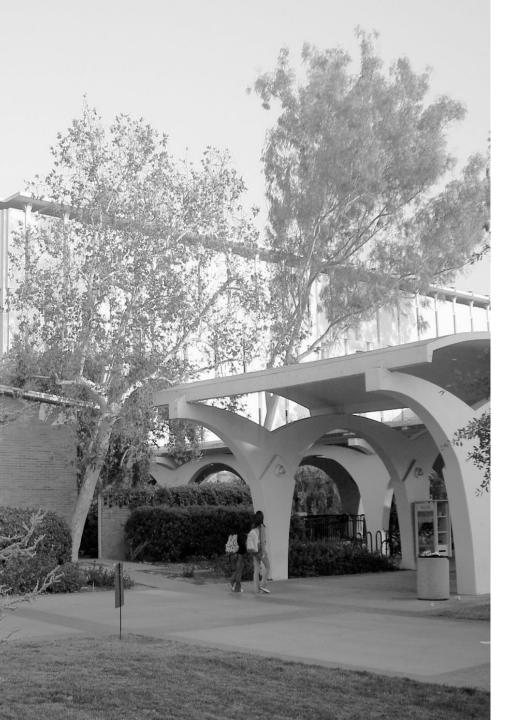
**UCR** Counseling and Psychological Services

Student Health Services-Psychiatry- <u>https://studenthealth.ucr.edu/</u>

- Referred by either CAPS therapist or Doctor from Student health
- CARE <u>https://care.ucr.edu/</u>
  - advocacy, resources and prevention related to issues of sexual assault, relationship violence and stalking.
  - Leave a message at (951) 827-6225, or email <u>advocate@ucr.edu</u>

#### SDRC https://sdrc.ucr.edu/

- requests for accommodations, approve services, and coordinate support for students with disabilities
- Call (951) 827-3861, or email <u>sdrc@ucr.edu</u>
- The Well <u>https://well.ucr.edu/</u>
  - 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
  - <u>Website/Live Chat</u>: <u>suicidepreventionlifeline.org</u>
- **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 <u>https://www.thetrevorproject.org/get-help-now/</u>
- **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 <u>https://translifeline.org</u>
- **Riverside Helpline:** 1-800-686-4357
- California Peer-Run Warm Line: Available 24/7 1-855-845-7415

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