

UCR Remote Mental Health Resources

Sarah Gohn, M.S. Outreach Coordinator Counseling and Psychological
Services



Counseling and
Psychological Services

Concerns during Covid-19

- **Grief/Worry**
 - for the loss of relationships, social gatherings, social support from friends; colleagues
- **Financial**
 - family members losing jobs or potentially losing jobs, concerned about the impact on their ability to continue to pay bills basic needs.
- **Health of self or others**
- **Unproductive environments**
 - Working from home with children/ having to facilitate school from home
 - Working from home with spouse other relatives that may need your time
- **Some reluctance to support via tele-mental health**
- **Loss of typical coping strategies (decreased physical activities, social support, routine, etc.)**



CAPS Services for Students

- ❖ During the Covid-19 pandemic, all CAPS services will be provided via Tele-mental Therapy (phone or secure videoconferencing).
- ❖ Individual and group therapy appointments available for UCR registered students in California
- ❖ Schedule appointments for CAPS by calling 951-827-5531, Admin staff will be happy to schedule the appointment or put you through to consult with the counselor on duty.
- ❖ For urgent services, 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.

CAPS Services for Students

- ❖ CAPS is **FREE** to ALL registered UCR students (regardless of insurance) as long as they are located in CA
- ❖ Confidential Services provided by Licensed Mental Health Professionals and supervised Interns (generalists)
- ❖ Non-Clinical Group Support - Contact Sarah Gohn to inquire about starting a virtual support group; (e.g. a talking circle/support group that is co-lead by a student and CAPS staff member) (already have groups for fall including for international students, LGBTQ students and undocumented students.
- ❖ Mental Health Trainings at mentalhealth.ucr.edu; all trainings will be done in a virtual format

Crisis Support Services



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

- For regular/non-urgent consultations, questions, appointment information... call 951-827-5531, select option 2, and we will return the call as soon as possible.
- 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)



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Alternative Resources

Student Affairs Case Managers – For problem solving, support with linkages and navigating systems

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 casemanager@ucr.edu, or leave a message for our interim director at (951) 827-9359 or laurie.lee@ucr.edu.

Website: casemanagement.ucr.edu

Faculty/Staff Wellness Program

Telephone (951) 781-0510 or (800) 266-0510 (24 hours a day)

Email EAP@pro-resources.org

Text (949) 668-3030

Other ways to get support



Counseling and
Psychological Services

- **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/>
- **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**



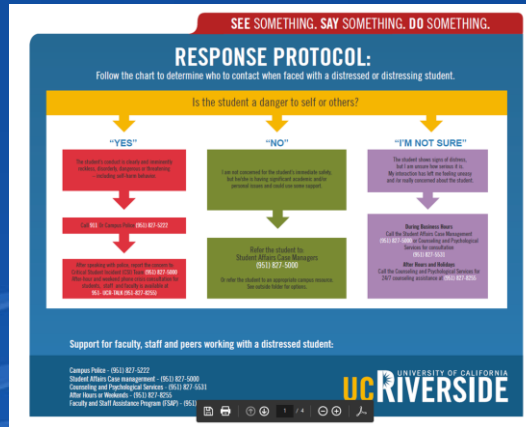
Counseling and Psychological Services

Additional Resources:

UNIVERSITY OF CALIFORNIA

Promoting Student Mental Health

A guide for UC faculty and staff



<p>Confidentiality</p> <p>Bilingual services</p> <p>24/7 crisis hotline</p>	
<p>Professional Resources</p> <p>(951) 781-0510 or (800) 266-0510</p>	<p>Faculty & Staff Assistance Program</p>
<p>Alcohol/Drug Related Matters</p> <p>Marital/Family Problems</p> <p>Financial Difficulties</p> <p>Legal Concerns</p>	<p>Professional and confidential assistance for personal concerns</p> <p>(951) 781-0510 or (800) 266-0510</p>



For Trainings, Education or Outreach

Contact CAPS Outreach Coordinator

Sarah Gohn at sarah.gohn@ucr.edu

**Other Questions? Reach out to CAPS
Director**

Dr. Elizabeth Mondragon

at Elizabeth.Mondragon@ucr.edu