

A woman with dark hair and bangs, wearing a dark blue shirt, stands at a podium in a classroom, smiling and clapping her hands. She is addressing a group of people seated at desks. In the background, a projector screen displays a list of research methods: Case Study, Phenomenology, Grounded Theory, and Ethnography. The scene is dimly lit, with the primary light source being the projector screen and the woman's presence.

Mental Health Resources AT UCI

New Faculty Orientation



OUR CAMPUS RESOURCES

An overview of the mental health resources available to you to address personal mental health concerns, concern for a colleague's well-being, and as concerns for students.

STUDENT MENTAL HEALTH



Counseling Center

Short-term, time-limited individual, couple & group counseling. Psychiatry Services & Crisis Intervention.

Urgent Care walk-in: Mon-Fri. 8:00am-4:30pm

949.824.6457



Campus Social Worker

Case management, support & resources for students experiencing multiple stressors & needs.

Must be referred by UCI faculty or staff.

949.824.0101

campussocialworker@uci.edu



Disability Services

Accommodations and support services for students with documented permanent & temporary disabilities.

949.824.7494



Campus Assault Resources & Education

Direct victim services and campus education on topics of sexual assault, sexual harassment, relationship abuse & stalking.

949.824.9756

care@uci.edu



Student Health Center

Outpatient medical and dental clinic providing primary care, preventative care, physical exams, and psychiatry services.

949.824.5301



Consultation Team

Functions as the campus' Behavioral Threat Assessment Team. Reviews, discusses & manages a broad array of issues of concern to campus safety or well-being involving students, faculty, staff or community members.

949.824.4642

FACULTY & STAFF MENTAL HEALTH



Medical Plan Benefits

UC's medical coverage includes behavioral health benefits for mental health services & substance abuse treatment. Sessions with counselors, psychologists, or psychiatrists.



Employee Assistance Program (EAP)

Free, confidential benefit for personal or work-related issues. Problem identification, assessment & referral to a treatment provider.

*844.824.3273
www.guidanceresources.com
(UCIEAP3)*



Faculty/Staff Mental Health Coordinator

Consultative Services & support to resolve behavioral health issues, crisis intervention & coordination of services. By appointment only.

*949.824.5208
Negar Shekarabi, Psy.D.
nshekara@uci.edu*



Disability Management Services

Assist employees with return to work options and disability benefits, and provide guidance on leave policies.

*949.824.9756
Wendy Pawling: wpawling@uci.edu*



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*949.824.4642
Marcelle Hayashida:
Marcelle.hayashida@uci.edu*



HR Wellness Programs

Supports employees & retirees in achieving a more balanced & healthy lifestyle. Webinars, workshops/classes, perks, discounts.

*949.824.5429
Dyan Hall: dyhall@uci.edu*

FACULTY & STAFF MENTAL HEALTH CARE



On-Site Consultation

In-person or phone consultation regarding a colleague of concern. Critical incident response following crisis events to facilitate coordination of resources.



Assessment & Referral

Discuss problems, set priorities, and determine appropriate recommendations & referrals to mental health resources within medical plan or EAP. Case management as needed.



Crisis-Intervention

Assistance to individuals experiencing critical incidents.

FACULTY & STAFF MENTAL HEALTH CARE



Confidential

Information about you or your visits is not shared with anyone without your consent or as required by law.



Workshops & Psychoeducation

On-site small work group facilitation, customized workshops & trainings, educational materials.

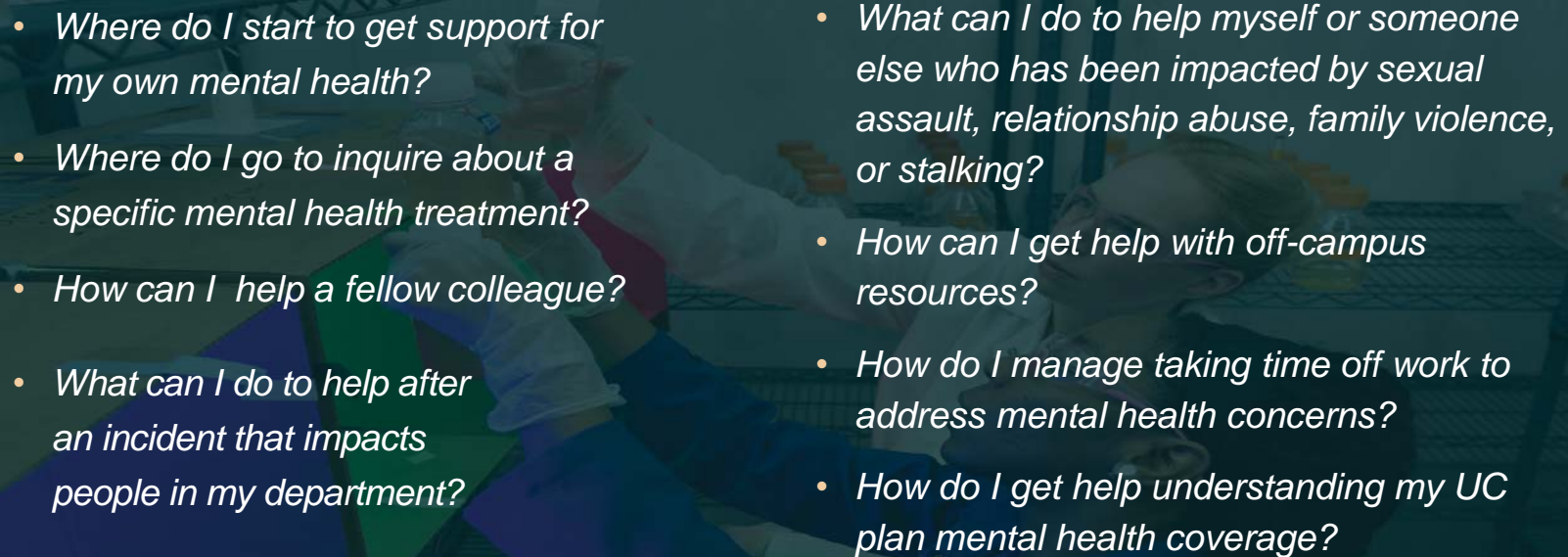


By Appointment Only

Urgent Care or walk-in appointments not available. For emergencies contact UCIPD and/or your local emergency room.

COMMON QUESTIONS/CONCERNS

Faculty/Staff Blue Insert

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- *Where do I start to get support for my own mental health?*
 - *Where do I go to inquire about a specific mental health treatment?*
 - *How can I help a fellow colleague?*
 - *What can I do to help after an incident that impacts people in my department?*
 - *What can I do to help myself or someone else who has been impacted by sexual assault, relationship abuse, family violence, or stalking?*
 - *How can I get help with off-campus resources?*
 - *How do I manage taking time off work to address mental health concerns?*
 - *How do I get help understanding my UC plan mental health coverage?*

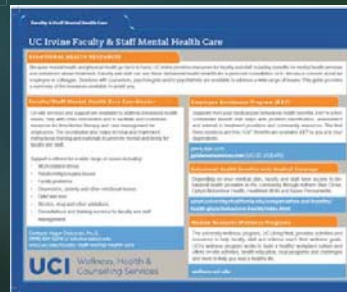
YOUR “PORTFOLIO” OF MENTAL HEALTH RESOURCES



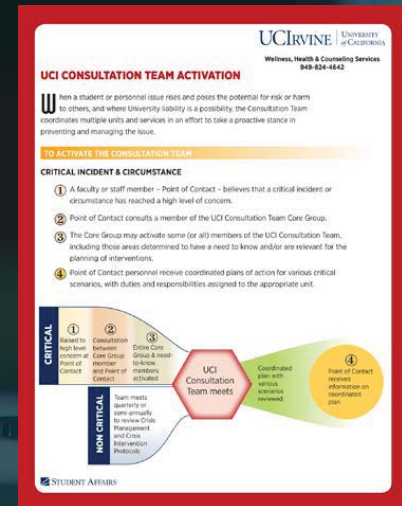
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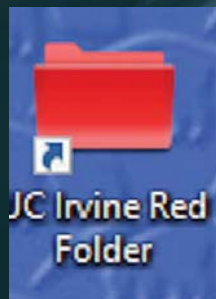
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Consultation Team Insert



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Podium Stickers & Desk Top Icon





THANK YOU!

 *Negar Shekarabi, Psy.D.*

 *nshekara@uci.edu*

 *949.824.5208*