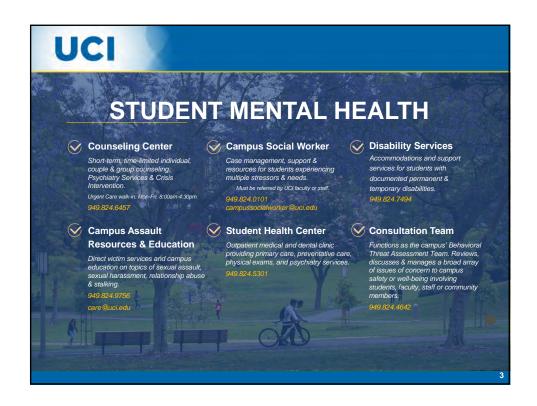
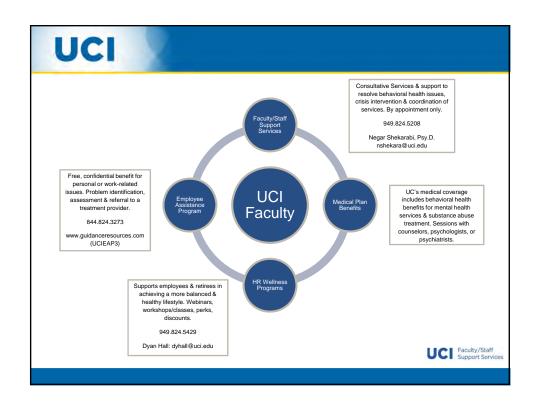


Behavioral Health & Wellness Resources For Faculty At UC Irvine





UCI

Faculty & Staff Support Services

- Consultative services & support to resolve behavioral health issues
- Primary crisis intervention resource to facilitate and coordinate appropriate resources
- Time-limited case management for individual employees
- Development and implementation of instructional trainings and materials to assist in the promotion of mental well-being for all UCI (campus, UC Irvine Health, UCIMC) faculty & staff



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Faculty & Staff Support Services

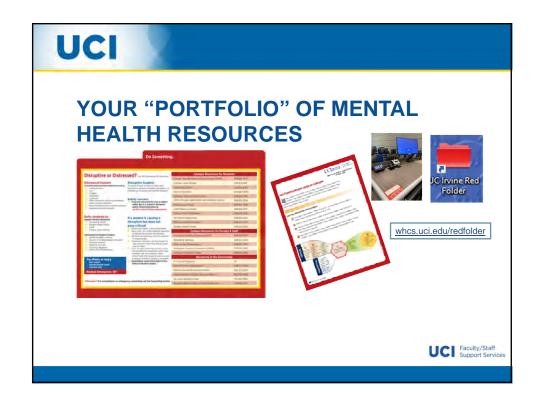
Services: available for faculty and staff managers as well as individual employees

- Individual Services
 - Problem assessment safe, confidential sessions in which to discuss your problems, set priorities, and determine appropriate campus and community resources, when needed
 - Referral referrals to mental health resources within the health plans available to faculty and staff as well as community resources
 - Crisis intervention assistance to individuals experiencing critical incidents or problems

- Services Available for Faculty and Staff Managers
 - Phone or in-persor consultations
 - Critical incident response following crisis events
 - On-site small work group facilitation
 - Workshops and trainings customized to department needs
 - Educational materials







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YOUR "PORTFOLIO" OF MENTAL HEALTH RESOURCES







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Common Questions/Concerns:

- 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 harassment, sexual assault, relationship abuse, family violence or stalking?
- How can I get help with off-campus resources?
- How do I manage taking time off of work to address mental health concerns?
- How do I get help understanding my UC plan mental health coverage?

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Opportunities for Training

- Mental Health First Aid (MHFA) Certification
- https://whcs.uci.edu/faculty-staffsupport-services/mental-healthfirst-aid
- Question Persuade Refer (QPR) Suicide Prevention Training
- https://counseling.uci.edu/outreach/suicide-prevention-training.html
- Online Mental Health Webinars
- \Longrightarrow
- https://whcs.uci.edu/faculty-staffsupport-services/trainings

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https://whcs.uci.edu/faculty-staff-support-services

