



**UCI**

## 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  
 campusocialworker@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

3

**UCI**

**UCI Faculty**

- Faculty/Staff Support Services**  
 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
- Employee Assistance Program**  
 Free, confidential benefit for personal or work-related issues. Problem identification, assessment & referral to a treatment provider.  
 844.824.3273  
 www.guidanceresources.com (UCIEAP3)
- Medical Plan Benefits**  
 UC's medical coverage includes behavioral health benefits for mental health services & substance abuse treatment. Sessions with counselors, psychologists, or psychiatrists.
- 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

**UCI** Faculty/Staff Support Services

**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

**UCI** Faculty/Staff Support Services

**UCI**

## 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-person consultations
  - Critical incident response following crisis events
  - On-site small work group facilitation
  - Workshops and trainings customized to department needs
  - Educational materials

**UCI** Faculty/Staff Support Services



**UCI**

## FACULTY & STAFF MENTAL HEALTH

- 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](mailto:wpawling@uci.edu)
- 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  
 Marcelle Hayashida:  
[Marcelle.hayashida@uci.edu](mailto: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](mailto:dyhall@uci.edu)

7



**UCI**

## YOUR "PORTFOLIO" OF MENTAL HEALTH RESOURCES

Do Something.

**Disruptive or Distressed?**

**Distressed Student**

**Disruptive Student**

**Support Services**

**Resources for Faculty & Staff**

**Resources for the Community**

**UC Irvine**

**UC Irvine Red Folder**

**UC Irvine Red Folder**

**UC Irvine Red Folder**

[whcs.uci.edu/redfolder](http://whcs.uci.edu/redfolder)

**UCI** Faculty/Staff Support Services

**UCI**

## YOUR "PORTFOLIO" OF MENTAL HEALTH RESOURCES

**UCI** Faculty/Staff Support Services

**UCI**

## 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?

10

**UCI**

## Opportunities for Training

- Mental Health First Aid (MHFA) Certification → <https://whcs.uci.edu/faculty-staff-support-services/mental-health-first-aid>
- Question Persuade Refer (QPR) Suicide Prevention Training → <https://counseling.uci.edu/outreach/suicide-prevention-training.html>
- Online Mental Health Webinars → <https://whcs.uci.edu/faculty-staff-support-services/trainings>

11

**UCI**



**Negar Shekarabi, PsyD**  
Licensed Clinical Psychologist  
Coordinator, Faculty/Staff Support Services

 949.824.5208

 [nshekara@uci.edu](mailto:nshekara@uci.edu)

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

**UCI** Faculty/Staff Support Services