Behavioral Health & Wellness Resources
Negar Shekarabi, PsyD | Faculty/Staff Support Services

Behavioral Health & Wellness Resources
For Faculty At UC Irvine
STUDENT MENTAL HEALTH

Counseling Center
Short-term, time-limited individual, couple & group counseling. Psychiatry Services & Crisis Intervention.
Urgent Care on Student Health Center Ground Floor.
949.824.4642

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.
949.824.4642

Campus Assault Resources & Education
Direct victim services and campus education on topics of sexual assault, sexual harassment, relationship abuse & stalking.
949.824.0101
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

STUDENT MENTAL HEALTH

Faculty
- Faculty Support Services
- Employee Assistance Program
- UCI Faculty

Medical Plan Benefits
- Consultative Services & support to receive behavioral health issues, crisis intervention & coordination of services. By appointment only.
  949.824.5301
  Negar Shekarabi, Psy.D.
  nshekara@uci.edu

HR Wellness Programs
- Supports employees & retirees in achieving a more balanced & healthy lifestyle. Workshops/classes, perks, discounts.
  949.824.5429
  Dyan Hall: dhall@uci.edu

Medical Plan Benefits
- UCI’s medical coverage includes behavioral health benefits for mental health services & substance abuse treatment. Sessions with counselors, psychologists, or psychiatrists.

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 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

Faculty & Staff Support Services

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

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 as well as individual employees
FACULTY & STAFF MENTAL HEALTH

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

Disability Management Services
Assist employees with return to work options and disability benefits, and provides guidance on leave policies.
949.824.9796
Wendy Pawling: wlpawling@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: dhall@uci.edu

YOUR “PORTFOLIO” OF MENTAL HEALTH RESOURCES
whcs.uci.edu/redfolder
YOUR “PORTFOLIO” OF MENTAL HEALTH RESOURCES

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?
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

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

949.824.5208
nshekara@uci.edu
https://whcs.uci.edu/faculty-staff-support-services