

CONTACT

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Mental Health Care and Respondent Services
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By appointment only.

Faculty & Staff Mental Health Care

Mental health training & education, free & confidential
assessment, consultation and referral for UCI &
UC Irvine Health faculty & staff

CONFIDENTIALITY

Information shared with the Coordinator of Faculty & Staff Mental Health Care is completely confidential. Information about you or your visits is not shared with anyone outside of the Coordinator of Faculty & Staff Mental Health Care office without your consent, or as required by law. The coordinator will share legal limits of confidentiality with you before you choose to disclose any information. Please note that confidentiality of electronic mail is not guaranteed.

FACULTY & STAFF MENTAL HEALTH CARE

The Coordinator of Faculty & Staff Mental Health Care provides consultative services and support to resolve behavioral health issues, serves as a primary crisis intervention resource to facilitate and coordinate appropriate resources, provides time-limited case management for individual employees, and develops and implements instructional training and materials to assist in the promotion of mental well-being for all UCI and UC Irvine Health faculty and staff.

Support is offered for a wide range of issues including

- work-related stress
- relationship/couples issues
- family problems
- depression, anxiety and other emotional problems
- grief and loss
- alcohol, drug and other addictions
- consultations and training services for faculty and staff management

Services

Services are available for faculty and staff administrators/managers as well as individual employees.

Services available for faculty and staff administrators/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 Employee Services

Problem Assessment – safe, confidential sessions 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 along with community resources.

Crisis Intervention – assistance to individuals and work groups experiencing critical incidents or problems.

EMPLOYEE ASSISTANCE PROGRAM GUIDANCE RESOURCES

The Employee Assistance Program (EAP) is a free, confidential benefit that can help address personal or work-related issues faced by UCI faculty, staff, retirees and dependents at both the UCI campus and UC Irvine Health. This service, staffed by experienced clinicians, is available 24 hours a day, seven days a week. Your Coordinator of Faculty & Staff Mental Health Care can work with you and Guidance Resource Professionals to help with problem identification, assessment and referral to treatment providers and community resources.

This program is administered by ComPsych Guidance Resources.

844.824.3273
guidanceresources.com

UCI RESOURCES

Worklife & Wellness

Supports employees & retirees in achieving a more balanced and healthy lifestyle.

Manager
949.824.5429
wellness.uci.edu

Conflict Resolution Services

Confidential services available to staff who wish to discuss work-related concerns.

Director
949.824.8355

Benefits

Consulting, training and administrative services to faculty, staff, retirees and campus schools and departments in the area of health and welfare programs.

Director
949.824.9151

Health Care Facilitator Program

Assistance with solving complex problems with your medical, dental or vision plan.

Health Care Facilitator
949.824.9065

UC Plan Carrier Contact Information

Anthem Blue Cross
844.437.0486

Conexis
(Flexible Spending Accounts)
800.482.4120

HealthEquity
(Health Savings Account with Blue Shield Health Savings Plan)
866.212.4729

Health Net
800.539.4072

Kaiser Permanente - CA
800.464.4000

Kaiser Senior Advantage
800.443.0815

Optum Behavioral Health
888.440.8225

UC Care
855.702.0477

Western Health Advantage
888.563.2251

Delta Dental PPO
800.777.5854

DeltaCare USA
800.422.4234

Vision Service Plan (VSP)
866.240.8344