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.

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

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)

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949.824.4642
Marcelle Hayashida: Marcelle.hayashida@uci.edu

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.
shekara@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

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

- 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

- **Red Folder**
  - whcs.uci.edu/redfolder
  - Podium Stickers & Desk Top Icon

- **Blue Insert**

- **Consultation Team Insert**

**UCI Consultation Team Activation**

- Critical Incident 
  - Faculty or staff member
  - Victim of trauma
  - Critical incident
  - Peer support

- UCI Home
  - Consultation Team
  - Contact Information
  - Resources

- UCI Irvine Red Folder

**JC Irvine Red Folder**
THANK YOU!

Negar Shekarabi, Psy.D.
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