STUDENT HEALTH AND WELL-BEING

No matter where you are, you can connect with the support you need during this time of social (physical) distancing and the novel coronavirus (COVID-19) pandemic.

UC Davis Coronavirus Campus Information: ucdavis.edu/coronavirus
UC Davis Student Affairs FAQ: studentaffairs.ucdavis.edu/news/coronavirus-faqs

UC DAVIS STUDENT HEALTH & COUNSELING SERVICES (SHCS) RESOURCES

For the most updated information, visit the SHCS website.

Accessing Providers by Phone

- **Medical Visits**
  - Schedule a telephone or virtual visit through the Health-e-Messaging portal to initiate care. Speak with an SHCS nurse during normal business hours or the after-hours nurse advice service by calling 530-752-2349.

- **Mental Health Visits**
  - Counseling Services are available by phone or via secure video conferencing. Schedule an appointment through the Health-e-Messaging portal or by calling 530-752-0871.
  - Mental Health Crisis Consultation Services are offered via phone consultation or secure video conferencing. Call 530-752-0871 to access these services.

- **24/7 Advice Nurse 530-752-2349**
  - Available at no cost to all students, regardless of insurance.
  - The Advice Nurse can help you make informed decisions about your situation and direct you to the most appropriate departmental or campus resource.

SHCS Social Media Accounts

- SHCS on Instagram and Facebook
- The Love Lab on Instagram, Facebook, and Twitter
- Each Aggie Matters on Instagram
- Safe Party on Instagram
- Teaching Kitchen on Instagram and Pinterest

Health Education and Promotion Resources Shared Drive

HEALTH AND WELL-BEING INFORMATION FOR SPECIFIC GROUPS

**LGBTQIA+ Students**

- We Thrive: Elevating Queer and Trans Community Health
- Trevor Lifeline: 866-488-7386 or text “START” to 678678
- Trans Lifeline: 877-565-8860

**International Students**

- Services for International Students and Scholars
- Coronavirus FAQ’s for International Students

Additional Mental Health Resources

- Live Health Online
- Therapy Assistance Online (TAO)
- Crisis Text Line: Text RELATE to 741741
- Each Aggie Matters

You can always call 2-1-1 or visit 211.org to be connected with local social services information.
AB540 and Undocumented Persons
- Legal Aid at Work (Relief Funds for Undocumented Workers in CA)
- COVID-19 for Undocumented Communities

Veterans
- Veterans Crisis Line: 800-273-8255, Press 1

Persons Living with Disabilities
- People with Disabilities (CDC)

People Living with HIV
- COVID-19: What People Living with HIV Should Know (CDC)
- Interim Guidance for COVID-19 and Persons with HIV (DHHS)

People with Asthma
- People with Asthma and COVID-19 (CDC)

Pregnant Persons
- Pregnancy and Breastfeeding (CDC)

Other Groups
- Groups at Higher Risk for Severe Illness (CDC)

SEXUAL AND RELATIONSHIP HEALTH
- Let’s Talk about It: A Guide to Consent and Sexcessful Communication
- SHCS Sexual Health Resources page
- Coping During COVID-19 by Scarleteen
- Safer Sex and COVID-19 from NYC Health
- UC Davis Sexcess Map

SEXUAL AND RELATIONSHIP VIOLENCE
- Center for Advocacy, Resources and Education (CARE): 530-752-3299
- Rape, Abuse and Incest National Network (RAINN): 800-656-HOPE (4673)
- National Domestic Violence Hotline: 24/7 800-799-SAFE (7233)

SUBSTANCE & ALCOHOL ABUSE RESOURCES
- Alcohol, Tobacco & Other Drug (ATOD) services at UC Davis
- Aggies for Recovery
- National Helpline: 800-662-HELP (4357)
- Safe Party Resources

LOCAL RESOURCES
- Yolo County Coronavirus Information
- Sacramento County COVID-19 Information
- Suicide Prevention Yolo County 24-Hour Crisis Line: 530-756-5000

NATIONAL RESOURCES
- Centers for Disease Control and Prevention (CDC)’s COVID-19 Resource
- National Suicide Prevention Lifeline: 24/7 800-273-TALK (8255)
- Find a Therapist, Psychology Today
- Find a Provider, Community Psychiatry

SELF-HELP APPS AND WEBSITES
- Aggies at Home, by Campus Recreation (website)
- Headspace (app)
- Virus Anxiety (website)
- Sanvello (app)
- Insight Timer (app)
- UCLA Mindful (app)