

STUDENT HEALTH AND WELL-BEING

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What does well-being mean to you?

[PollEv.com/zarahrubio480](https://pollev.com/zarahrubio480)

Text [ZARAHRUBIO480](https://pollev.com/zarahrubio480) to [22333](https://pollev.com/zarahrubio480)





Mission:

To **promote a culture of health and well-being** for the campus community, deliver high quality innovative services, promote the **adoption and maintenance of healthy lifestyle choices** and contribute to the overall academic and personal success of students.

Student Health
Services (SHS)

Counseling and
Psychological
Services (CAPS)

Health Promotion
Services (HPS)

Administration
Insurance
Medical Records



STUDENT HEALTH SERVICES

PRIMARY AND SPECIALIZED CARE

- Primary Care
- Urgent care
- Women's Health
- Sports Medicine
- Behavioral Health
- Travel Clinic
- Eating Disorder Program
- LGBTQIA+



ADDITIONAL SERVICES

- Pharmacy
- Laboratory
- X-ray
- Optometry
- Acupuncture
- Nutrition
- Nurses Clinic
- Nurse advice line 858-534-3300



LOCATION AND HOURS

- Located on Library Walk across from the UCSD Bookstore
- Open M- F and most Saturday mornings during Fall, Winter and Spring quarters
- Refer to the website for exact hours of operation
studenthealth.ucsd.edu



AFTER-HOURS SUPPORT

- After-hours support is provided by nurses who can address many concerns. Nurses may also direct students who need more immediate care to UC San Diego Health System's Urgent Care or Emergency Medical Services.
- For after hours care call 858-534-3300



ACCESSING SERVICE

- Located on Library Walk across from the UCSD Bookstore
- Call (858) 534-3300
- Student can access their medical record through mystudentchart.ucsd.edu
 - Communicate with providers
 - See results
 - Schedule appointments
- Hours
 - M-T: 8am-6:30pm
 - W: 8am-4:30pm
 - Th; 9am-4:30pm
 - F: 8am-4:30pm



Student Health Services Pharmacy



Services Offered:

- 30-90 day prescriptions available, retail pharmacies can't always do more than 30 days
- FREE DELIVERY via FedEx
- Free birth control for most brands and emergency contraception with insurance, \$20 for emergency contraception without insurance
- **We offer specific UC SHIP Pharmacy copays for prescriptions and special discounted over-the-counter (OTC) items**
- **For those not under UC SHIP we now offer students 25% off generic and 15% off brand-name prescriptions over \$15**
- Purchases can be paid for at a later date using your student account

Common OTC Drug Comparison:

DRUG		RETAIL
Acetaminophen 500mg	\$1.62/100ct	\$6.29/50ct
Ibuprofen 200mg	\$1.85/100 tablets	\$9.29/100 tablets
Cetirizine (Zyrtec generic)	\$1.86/30 tablets	\$18.99/30 tablets
Generic Dayquil	\$2.79/24ct	\$9.24/24ct

UCSD SHS vs Retail

\$5 generic formulary copay

\$25 brand-name formulary copay

\$40 brand-name non-formulary copay

\$10 generic formulary copay

\$40 brand-name formulary copay

\$100 brand-name non-formulary copay

UC San Diego

STUDENT HEALTH AND WELL-BEING
Student Health Services

UCSD Student Health Services

Phone: (858) 534-2135

<https://wellness.ucsd.edu/studenthealth/services/pharmacy>



**What are somethings that
gets in the way of your
academic success?**

[PollEv.com/zarahrubio480](https://poll-ev.com/zarahrubio480)

Text [ZARAHRUBIO480](https://poll-ev.com/zarahrubio480) to [22333](https://poll-ev.com/zarahrubio480)

TOP 10 IMPACTS TO ACADEMIC SUCCESS



39%
stress



27%
anxiety



24%
sleep
difficulties



22%
depression



18%
cold/flu/sore throat



15%
internet use/
computer games



15%
work



13%
relationship
difficulties



HEALTH PROMOTION SERVICES

Mission:

- To identify, establish and promote policies and activities that contribute to a healthy campus
- To **enhance the personal health of students and the collective health of the campus community** by working collaboratively to create a healthy environment.
- To promote student retention and success by **supporting students in establishing and maintaining behaviors that contribute to their health now, and in the future.**

HEALTH PROMOTIONS | AREAS OF FOCUS

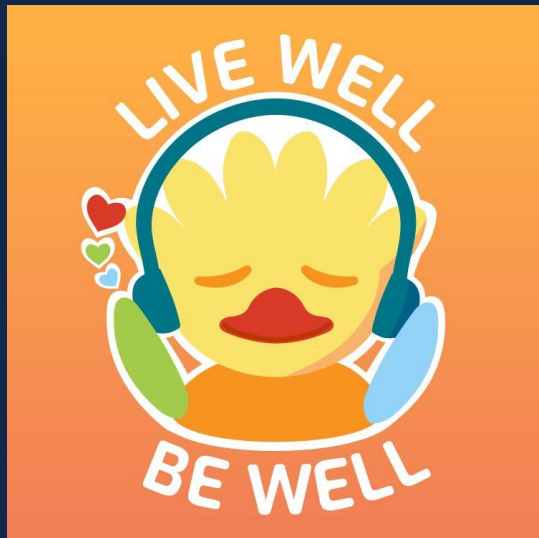
Health Promotion Services oversees education and awareness campaigns in the following areas along with 1-1 consultations.

- Alcohol, Tobacco and Other Drug
- Collegiate Recovery
- Sexual Health
- PrEP Consultation
- General Health
- Mental Health Education
- Nutrition Services
- Men's Health
- Certified Peer Health Education
- The Zone

COLLEGIATE RECOVERY

The Collegiate Recovery Program at the University of California San Diego (UCSD) provides a safe space and supportive community for students in recovery or seeking recovery from addiction. Students at any stage of recovery and at any point in their academic journeys are welcome. Come engage with other UCSD students, come to a support group meeting, attend a sober social event or just get in the loop about volunteer opportunities and upcoming activities. Recovery works and can be part of a genuine college experience.

LIVE WELL, BE WELL PODCAST



- A podcast where we speak candidly about all things wellness!
- From stress management to sex and relationships to alcohol and cannabis, and everything in between!
- Our goal is to inspire you, to help you feel connected, and to help you discover new ways to live your best life.

6 FEET FOR WELL-BEING TALK SHOW



- A fun, quirky show where we talk about well-being while practicing physical distancing during this COVID time
- Different segments like health promotion, triton news, triton talks, myth busting, candid reactions, and more!

THE ZONE



- A lounge for student well-being
- Located in Price Center Plaza
- Open during the academic year
- Our services
 - Learn about well-being resources
 - FREE well-being programs
 - FREE loose leaf tea, water, earplugs, and more!
 - Programs: Meditation, Hungry for Healthy, Financially Savvy, Art & Soul

Accessing Services

HEALTHPROMOTION.UCSD.EDU
located in Student Health Services
hps@ucsd.edu



/ucsdhealthpromotion



@ucsdhps

ZONE.UCSD.EDU
located in Price Center Plaza
858-534-5553
zone@ucsd.edu



/ucsdzone



@ucsdzone



COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)



Services:

CAPS helps to support students through their challenges, personal development, and growth. They are focused on providing comprehensive mental health support for a diverse student body.



WELCOME FROM CAPS

- Multidisciplinary team
- Culturally diverse staff
- Services in a variety of languages
- Located across campus
- Liaisons to various Campus Community Center partners

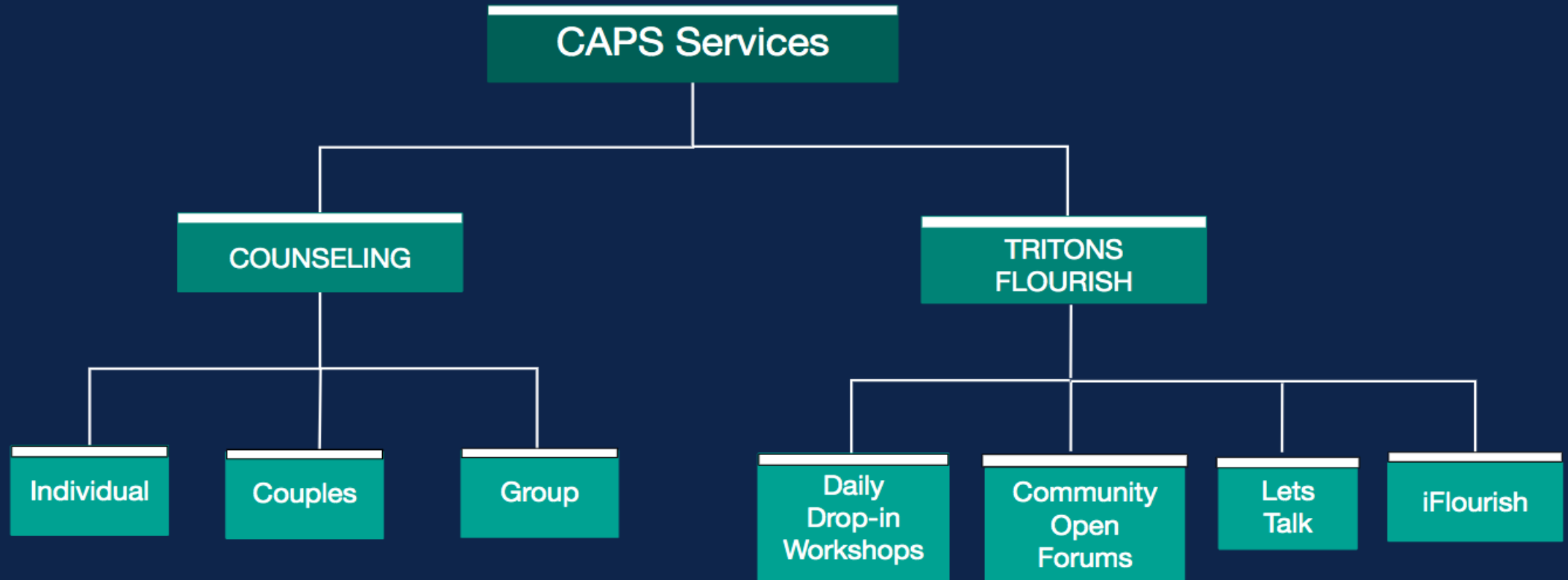




Students seek assistance for a variety of concerns, including:

- Anxiety
- Depression
- Relationships
- Stress
- Academics
- Family
- Self-Esteem
- Attention
- Loneliness

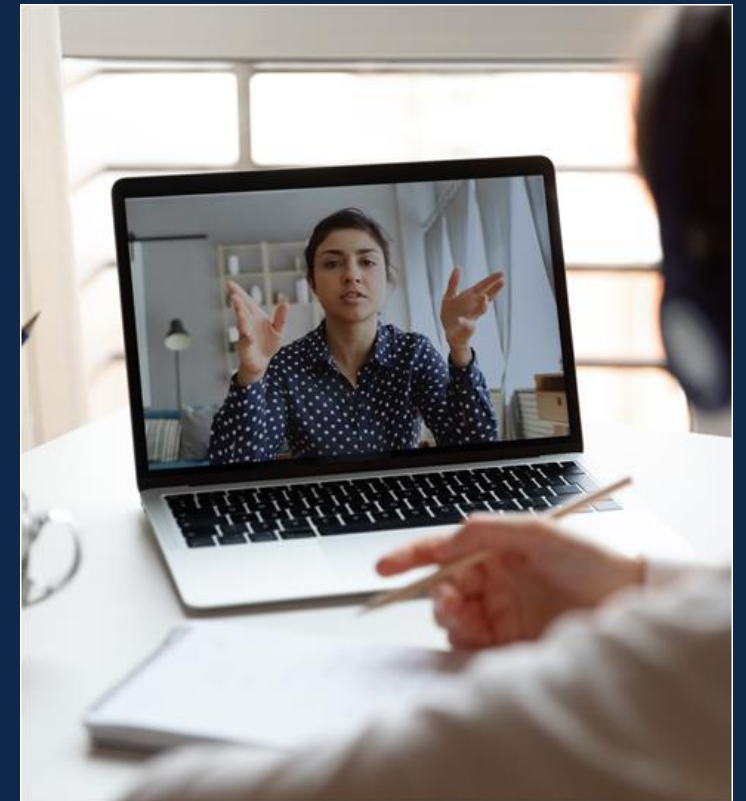






TELE-MENTAL HEALTH: SUPPORTING STUDENTS DURING COVID-19

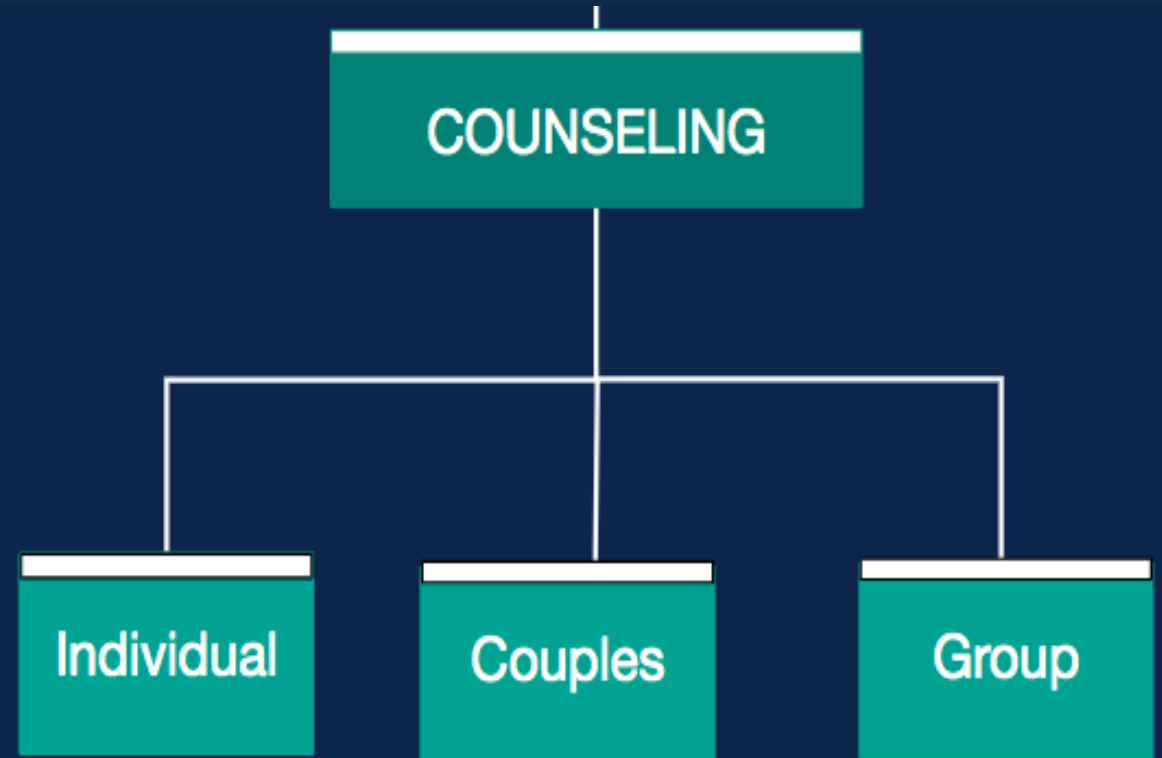
- CAPS continues to be fully operational, providing all services virtually
 - Counseling Services via secure platform
 - Workshops and Forums delivered via Zoom





COUNSELING SERVICES

- Focused Intermittent Model:
 - Individual
 - Couples
 - Group
- Confidential
- Free to registered UCSD students
- Focused Psychiatry





CRISIS SERVICES

- Available 8am-4pm, Mon-Fri
 - Call CAPS Central Office
 - (858) 534-3755
- After hours urgent counseling:
 - Select Option 2

How to make a CAPS appointment

Call our CAPS Central Office at (858) 534-3755

to schedule a confidential brief (15-20 minute) telephone assessment (BTA) with a CAPS provider. All initial CAPS appointments are scheduled as BTAs.

In your brief telephone assessment, your CAPS provider will assess your needs and help you find the right resources for your concerns.

CAPS Focused
Intermittent
Therapy w/w-o
Psychiatry
Services

CAPS Group,
Forum,
Workshop, or
iFlourish

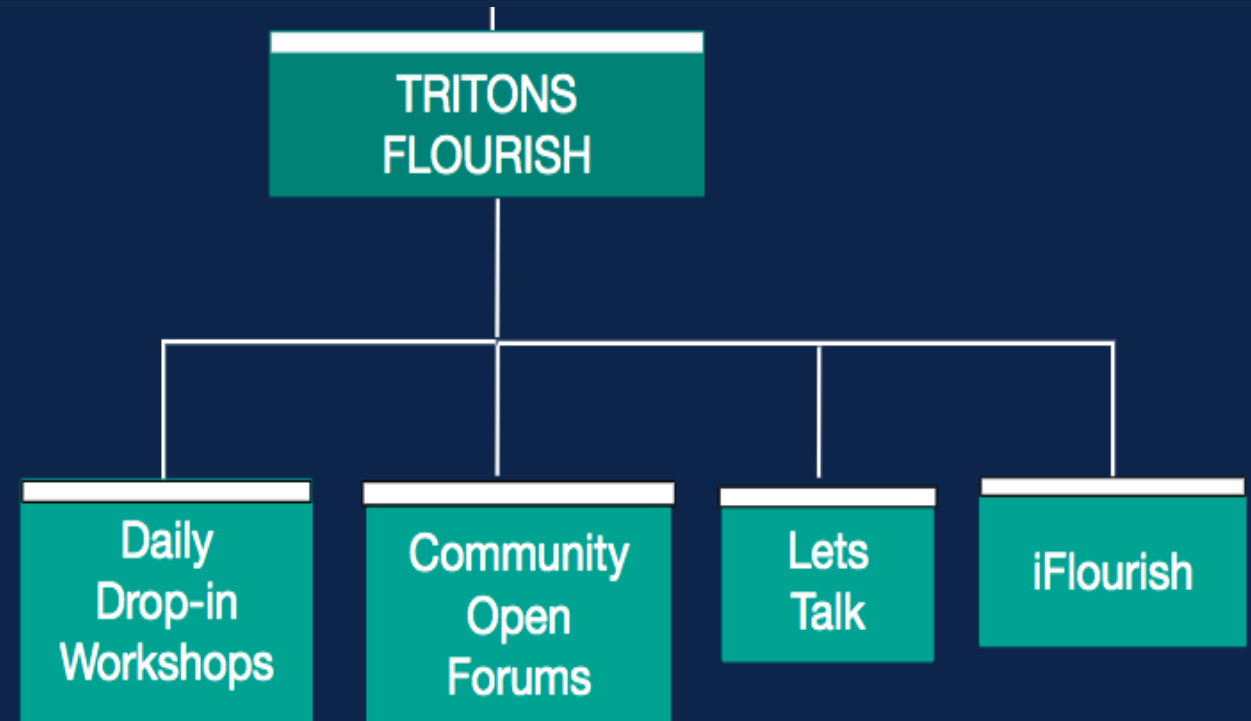
Referral
off-campus to
specialty care or
longer-term
services

SHS or other
community
resources



TRITONS FLOURISH

- Preventative & Strength Based
- Skills for Well-being
- Free, unlimited, no wait
- Bring a friend!



Counseling and Psychological Services

Drop-In Workshops | Fall 2020 | Week 2-10

UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services

MONDAYS

Coping During COVID-19

Week 2-10 | Time: 1:00-2:00 PM

These are unprecedented times and you may be feeling overwhelmed, stressed, isolated, depressed, and/or anxious at times. This workshop aims to help students manage those difficulties and develop coping skills to increase resilience and well-being during this pandemic.

<https://uchealth.zoom.us/j/97285776476>



Carly Knauft, Psy.D.

WEDNESDAYS

Wellness Wednesdays

Week 2-10 | Time: 1:00-2:00 PM

Join us in learning care strategies and stress management amidst the challenges and adjustments this quarter may bring. This Dialectical Behavioral and Self-compassion based seminar is offered every Wednesday during the Fall 2020 quarter.

<https://uchealth.zoom.us/j/96642941761>



Danielle Hanley, Psy.D.

THURSDAYS

Mindful Thursdays

Week 2-10 | Time: 3:00-4:00 PM

Join us for this introduction to mindfulness workshop. You can expect didactic content on the nature of mindfulness, formal and informal practices, as well as group discussions.

<https://ucsd.zoom.us/j/98165877130>



Tyler Hatchel, Ph.D.



CAPS Drop-In Workshops are open to all currently registered UCSD students.
No appointments needed — simply show up and enjoy!
These workshops also qualify for Wellbeing Leadership Award through The Zone.
These workshops are not professional counseling or psychotherapy.

@ucsdtritonsflourish

COMMUNITY FORUMS : FALL 2020

BELONG • BE YOU • BE WELL

CLIMATE CHANGE SUPPORT FORUM

Mondays 3:00-4:00 PM (Weeks 1, 3 and 5)
<https://uhealth.zoom.us/j/9129872204>

You may be experiencing immediate impacts related to climate change, related concerns about the future, or both. The effects of climate change can have an impact on our wellbeing. It can be especially difficult when we are physically distant from our support systems and communities. We will gather in a virtual community to discuss forum member's concerns, support one another, and explore ways to balance climate-related stressors with living a meaningful and engaged life.
Contact: Kristina Mendez, Ph.D.; 858-534-3755;
kcmendez@health.ucsd.edu

FIND YOUR FOCUS: UNDERGRADUATE ADHD SUPPORT FORUM

Mondays 3:00-4:00 PM (Weeks 1-10)
<https://uhealth.zoom.us/j/88932523440>

Do you have ADHD or struggle to maintain your attention and stay focused, especially while learning online? Join our forum to connect with other undergraduate students and develop strategies and skills to manage ADHD symptoms and feel more successful as you navigate online learning. This is a drop-in forum and students are welcome to join each week or as it fits their needs and schedules.
Contact: Carly Knauf, Psy.D.; 858-534-3755;
cknauf@health.ucsd.edu

Community Forums offer a space where we can focus on building connections, sharing and exchanging ideas, and learning from each other. These forums are offered for free throughout the quarter for all the registered UCSD students.

APIMEDA COMMUNITY FORUM

Thursdays 12:00-1:00
Zoom and forum signup information managed by APIMEDA office - more info coming soon!

This informal drop-in group is designed to address the concerns of Asian Pacific Islander Middle Eastern Desi American (APIMEDA) students at UCSD in a supportive and problem-solving atmosphere. Issues such as career and academic success, family pressures, cultural identity, and relationships are common topics.

Sam Park, PhD / 858-534-3755
Windi Sasaki / wsasaki@ucsd.edu

OUTSIDE OF THE BOX FORUM

Thursdays 3:30-5:00 PM (odd Weeks 1, 3, 5, 7, 9)

This informal group is a safe space for students, faculty, and staff of mixed/multiracial/multiethnic and other non-dominant identities to share their experiences and discuss issues in an open and supportive, community atmosphere. This group is co-sponsored by the Cross Cultural Center. Please contact Dr. Thompson to sign up.

Contact: Cat Thompson, Ph.D.; 858-534-3987;
cathompson@health.ucsd.edu

BLACK WOMEN'S COLLECTIVE

Thursdays 3:30-5:00 PM (even weeks 2, 4, 6, 8, 10)

Join us for conversations about our experience as black women and connect with other women on campus. Please contact Dr. Thompson to sign up.

Contact: Cat Thompson, Ph.D.; 858-534-3987;
cathompson@health.ucsd.edu

COMING OUT GROUP

Tuesdays 3:30-5:00 pm (Weeks 1-10)
<https://uhealth.zoom.us/j/97631185797>

The Coming Out group is a place to meet and gain support while discussing your sexual and/or gender identities in a confidential setting. This group is for lesbian, gay, bisexual, transgender, straight, or questioning folks who are coming out, considering coming out or may already be out. Topics are determined by group participants and can include stress, fear, anxiety, loneliness, family/cultural issues, excitement and celebration with regard to coming out. The group is open to new members the first 3 meetings of each quarter and then closes to maintain safe space.

Contact: Cat Thompson, Ph.D.; 858-534-3987;
cathompson@health.ucsd.edu

ADHD SUPPORT FORUM FOR GRADUATE AND PROFESSIONAL SCHOOL STUDENTS

Mondays 3:00-4:00 PM (Weeks 1-10)

If you are a graduate or professional school student who has been diagnosed with ADHD or think you may have ADHD, you may benefit from participation in the ADHD Support Forum, a caring space to share experiences and strategies for better management of ADHD symptoms. This forum is by referral only; to see if this group is a good fit for you, please contact Dr. Christina Lambert at 858-534-3035.

Contact: Christina Lambert, Ph.D.; 858-534-3035;
cclambert@health.ucsd.edu

These meetings are not professional counseling. If you would like professional counseling or mental health treatment please call the CAPS central office at 858-534-3755 to arrange an appointment.



COMMUNITY FORUMS : FALL 2020

BELONG • BE YOU • BE WELL

TRITONS COPING AND CONNECTING FORUM

Tuesdays 1:00- 2:00 PM (even weeks 2, 4, 6, 8, & 10)
<https://uhealth.zoom.us/j/95723573490>

The Tritons Coping and Connecting Forum is a space for students to come together to check in about your experience during the unprecedented circumstances of this Fall Quarter. This forum offers a space to connect, support, and share resources during the time of Covid-19 and discussion topics may include stresses of virtual learning, Zoom fatigue, physical distancing, and social disconnection. This forum is open to both graduate and undergraduate students.

Contact: Lori R. Weiner, LCSW; 858-534-7403;
lweiner@health.ucsd.edu
 Sarah Bromley, LCSW; 858-822-2682;
sebromley@health.ucsd.edu

COMING TOGETHER

Mondays 3:00-4:00 PM (Weeks 1-10)
<https://uhealth.zoom.us/j/95832992164>

This forum is a space for international students to come together for support and connection. Topics are open and can include coping with COVID and current events, adjusting to a new culture, and any issues that are relevant to the experience of an international student at UC San Diego.

Contact: Rina Schul, Ph.D.; 858-534-1768;
rschul@health.ucsd.edu

Community Forums offer a space where we can focus on building connections, sharing and exchanging ideas, and learning from each other. These forums are offered for free throughout the quarter for all the registered UCSD students.

LATINX/CHICANX CAFECITO HOUR

Tuesdays 3:30-4:30 PM (Weeks 1-10)
<https://uhealth.zoom.us/j/98172705819>

Join Dra. Kristina Mendez and your Latinx/Chicanx community every Tuesday from 3:30-4:30pm for a cafecito hour. We will discuss topics impacting Latinx/Chicanx health, wellbeing and academic success on campus and in the world. This is a space to be in community and uplift one another with collective problem solving, discussion and support. Feel free to drink coffee or tea during the forum (Dra. Mendez most certainly will!) and arrive knowing you are welcome exactly as you are. Bilingual dialogue (or even a few words en Español here and there) is welcome if it supports your wellbeing and empowerment. Dra. Mendez will work with the forum each week to create an inclusive space for all folks.

Contact: Kristina Mendez, Ph.D.; 858-534-3755;
kcmendez@health.ucsd.edu

MINDFUL SCHOLARS – A GRADUATE & PROFESSIONAL STUDENT FORUM

Tuesdays 3:00-4:00 PM (Weeks 1-10)
<https://ucsd.zoom.us/j/93108348015>

Join your graduate student community to engage in formal practice, contemplate the implications, and process your experiences- 1) Learn to refine awareness and insight 2) Find equanimity and compassion 3) Explore acceptance of self and time.

Contact: Tyler Hatchel, Ph.D.; 858-534-3755;
thatchel@health.ucsd.edu

STUDENTS WITH DEPENDENTS FORUM

Tuesdays 1:00- 2:00 PM (odd weeks 3, 5, 7, & 9)
<https://uhealth.zoom.us/j/91384635003>

The Students with Dependents Forum is a drop in forum for students who identify as student parents, guardians or caregivers. The forum offers a confidential space to connect, support, and share resources. This forum is open to both graduate and undergraduate students.

Contact: Sarah Bromley, LCSW; 858-822-2682;
sebromley@health.ucsd.edu
 Lori R. Weiner, LCSW; 858-534-7403;
lweiner@health.ucsd.edu

WISE: GRADUATE WOMEN IN SCIENCE AND ENGINEERING

Wednesdays 1:00-2:00 PM (Weeks 1-10)

This is a support space for graduate women in the hard science and engineering fields where women are under-represented. Our goal is to foster a sense of community and support toward the attainment of goals and to encourage self-empowerment to increase and develop a vision for one's personal and professional life. This forum is by referral only; to see if this group is a good fit for you, please contact Dr. Judy Goodman at 858-534-9799.

Contact: Judy Goodman Fermin, Ph.D.;
 858-534-9799; jfgoodman@health.ucsd.edu

These meetings are not professional counseling. If you would like professional counseling or mental health treatment please call the CAPS central office at 858-534-3755 to arrange an appointment.



TAKING CONTROL OF YOUR WELL-BEING



Manage your stress



Get moving



Sleep 7-9 hours a night



Make healthier food choices



Questions?



WELCOME TO UC SAN DIEGO
WELLNESS.UCSD.EDU