

February 5, 2016

Subject: UCSB Mental Health Resources

Dear Students,

We hope you are having a good winter quarter and you're finding ways to stay healthy and balanced. We wanted to take a moment to remind you that Student Affairs is dedicated to support you during your time here at UCSB.

Traditionally there is an increase in mental health concerns in winter quarter. Even though we live in California, we are still subject to changes in weather and daylight. Typically, thoughts about suicide and depression are more common in winter. We are sharing our experience so that you know you are not alone if you are struggling. Creating balance, having proper nutrition, exercise, and sleep are all first steps in maintaining and regaining your physical and mental wellbeing. If you find that you are in need of additional support, you can reach out to the resources listed below or help a friend access support.

- **Counseling & Psychological Services (CAPS):** For individual counseling, group counseling, and wellness opportunities, call 805-893-4411 or stop by the Counseling and Career Services Building (599) to talk with someone. We also have 24/7 phone counseling available by calling 805-893-4411. Find additional information about our services on our website: <http://caps.sa.ucsb.edu/>. CAPS is open 8:30-4:30pm M,T,Th and Fri. Wednesdays 10-4:30pm. You can also come in to make an appointment. If you have a crisis or an urgent matter, walk in to CAPS for a same-day appointment and ask to talk with a psychologist.
 - **Gaicho Talk** – If you are interested in assessing your current level of stress, you can access a confidential online screening at <http://www.Gauchotalk.org>
 - **#saysomething phone app** – The application provides mental health information about the warning signs of distress, how to talk to a friend and campus resources. It is available to download on your phone at <http://caps.sa.ucsb.edu/saysomething>
 - **Mental Health Peers** – If you feel more comfortable talking with a fellow student, trained Mental Health Peers are available at CAPS. No appointment is necessary, just drop in – Monday-Friday, 10am-4pm. They can also arrange for you to relax in our massage chairs or egg chair. Follow them on Facebook for updated hours, announcements, and mental health related information: <https://www.facebook.com/UCSBMentalHealthPeers/>
- **Student Health Services (SHS)** - For medical concerns, call 805-893-5361 or access the website at studenthealth.sa.ucsb.edu <https://studenthealth.sa.ucsb.edu>. To access the 24/7 Nurseline, please call 1-800-539-1387.
 - Social Work Services – for appointments, please call 805-893-3087.
- **Alcohol and Drug Program (ADP)** - If you are concerned about your use of alcohol or drugs, call 805-893-5013 or access the website at <https://alcohol.sa.ucsb.edu>. You can also call 805-893-3371 to make a confidential appointment with a counselor.
- **Campus Advocacy Resources & Education (CARE)** – This program anticipates and responds to the needs of students impacted by stalking, sexual assault, harassment, dating/domestic violence and provides confidential advocacy and support. Confidential advocates are available 24/7 at 805-893-4613 <http://wgse.sa.ucsb.edu/CARE/>

- **Student Mental Health Coordination Services** – If you have a friend who you are concerned about and not sure what to do or they are refusing help, you can contact the SMHC office at 805-893-3030.
- **Disabled Students Program (DSP)** - If your symptoms are interfering with your ability to perform academically, call 805-893-2668 or access the website at <https://dsp.sa.ucsb.edu/>
- **Academic Questions:** For concerns related to academic progress, please contact your respective college.

College of Letters & Science: 805-893-2038, 1117 Cheadle Hall (check website for office hours: [duels.ucsb.edu/advising/contact](http://www.duels.ucsb.edu/advising/contact) <http://www.duels.ucsb.edu/advising/contact>)

College of Engineering: 805-893-2809, 1006 Harold Frank Hall

College of Creative Studies: 805-893-4146, 104 CCS Building 494

Graduate Division: 805-893-2277, gradacademics@graddiv.ucsb.edu, 3117 Cheadle Hall

- **Emergency or imminent threats:** If you ever have immediate concerns about someone's life or safety, please call 911.

We are here to support you. If you or someone you know is experiencing distress, please contact us. We are dedicated to helping make UCSB a healthy campus community!

We urge all students to take advantage of these resources to manage stress, anxiety or depression that may be affecting you. The good news is that treatments for these challenges are highly effective and are available right here on the UCSB campus, or off-campus, if you prefer. Our goal is to keep all Gauchos mentally fit!

Sincerely,

Margaret Klawunn, Ph.D.
Vice Chancellor for Student Affairs

Jeanne Stanford, Ph.D.
Director, CAPS