Faculty Toolkit

UC **SANTA BARBARA**
Division of Student Affairs

SAVE THESE NOW

Life-threatening emergency 911, or UCPD non-emergency: 805-893-3446
Student Mental Health Coordination Services (SMHCS): 805-893-3030 · studentsindistress.sa.ucsb.edu · online referral via the CARE Report portal
CAPS After-Hours Crisis Line: 805-893-4411
CARE – Campus Advocacy, Resources & Education: 805-893-4613 · care.ucsb.edu

See full online toolkit

Right Now: Safety or Crisis

- Emergency: **911**, or **UCPD** (805-893-3446)
- **CAPS** After-Hours Crisis Line: 805-893-4411, available nights, weekends, and holidays
- If there's any immediate danger, call 911 or UCPD yourself. Stay with the student if it's safe to do so until help arrives.

A Student Seems to Be Struggling

- **Student Mental Health Coordination Services (SMHCS):** Report student(s) of concern to a case manager that will directly support them.
- **Counseling & Psychological Services (CAPS):** Free, confidential counseling for enrolled students that does not require a pre-existing diagnosis. Even if students are unsure of their psychological status, they can still come and get more information.

Basic Needs

- **Basic Needs Program**: Central hub for food, housing, and financial security resources.
- **AS Food Bank & Miramar Food Pantry**: Free groceries, no questions asked.
- Students can get access to food and other daily essentials here. No documentation or proof is needed.

Academic Difficulty & Accommodations

- **Campus Learning Assistance Services (CLAS):** Free tutoring, study groups, and academic coaching.
- **Disabled Students Program (DSP):** Accommodations for documented disabilities.
- Mentioning these resources to the whole class makes asking for help feel normal.

Identity, Belonging & Community

- **MultiCultural Center**: Programming and community space for multicultural student life.
- **Office of Black Student Development**: Support and community for Black students.
- Mentioning these centers by name in a syllabus or on day one signals that UCSB sees the whole student.

Interpersonal Harm & Conduct

- **CARE (Campus Advocacy, Resources & Education)**: Confidential advocacy for survivors of sexual assault, dating/domestic violence, and stalking.
- **Office of Student Conduct**: Formal conduct process and reporting.
- While most university staff are mandated reporters, students can be referred to CARE, a student-facing confidential resource.

Career & Future Planning

- **Career Services:** Advising, internships, employer connections, and career-readiness programming.
- A faculty referral to Career Services carries real weight in the professional workforce. Reminding students of faculty referral encourages them to utilize academic resources provided by UCSB.

Wellness & Everyday Connection

- **Health & Wellness**: Prevention programming on sleep, stress, alcohol and other drugs, and healthy relationships.
- **Student Health Service:** Medical care, including same-day appointments.
- Throughout the year, students are encouraged to attend various wellbeing events in order to manage the stress of the fast-pace system.