

# STUDENT HEALTH AND WELL-BEING RESOURCES

UC DAVIS

*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*

You can always call **2-1-1** or visit [211.org](http://211.org) to be connected with local social services information

UC Davis Coronavirus Campus Information: [ucdavis.edu/coronavirus](http://ucdavis.edu/coronavirus)

UC Davis Student Affairs FAQ: [studentaffairs.ucdavis.edu/news/coronavirus-faqs](http://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

### Additional Mental Health Resources

- [Live Health Online](#)
- [Therapy Assistance Online \(TAO\)](#)
- [Crisis Text Line](#): Text **RELATE** to **741741**
- [Each Aggie Matters](#)

### 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](#)

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**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**

- [Agies at Home, by Campus Recreation \(website\)](#)
- [Headspace \(app\)](#)
- [Virus Anxiety \(website\)](#)
- [Sanvello \(app\)](#)
- [Insight Timer \(app\)](#)
- [UCLA Mindful \(app\)](#)