

HOW TO GET HELP WHEN THE UCI COUNSELING CENTER IS NOT OPEN CALL 911 IN AN EMERGENCY

Graduate & Professional School Students: If you become physically ill when Gottschalk Plaza is closed, you should still get some medical help. In case of an emergency, call 911 or go to the nearest medical facility for treatment. If possible, call your Primary Care Physician. In all cases, you must call your GSHIP Coordinator Mary Jo Gallegos, at 949.824.2388 within 48 hours of receiving any emergency services.

If your mood becomes very depressed and you are thinking about suicide or feel an urge to take your own life or to harm others, you can get help. **The best and easiest way to get help if you are seriously ill or suffering suicidal or homicidal thoughts is to call 911.** The dispatcher will talk to you and ask you to tell him/her what is the matter. The dispatcher will make sure that the paramedics get to you and that you will get some medical care.

You may also ask a friend to drive you to a nearby treatment facility or to the emergency room of a local hospital, but, if you are very ill or seriously depressed, you should call 911. The paramedics will know exactly what to do to take care of you. They will take you to a nearby medical facility so that you can get rapid medical care. **Be sure to call the GSHIP insurance office at 949.824.2388 within 48 hours, so they can advise you about payment for the emergency room medical bills.**

Some local hospitals in the UC Irvine area include:

IRVINE REGIONAL HOSPITAL OPEN EVERY DAY, ALL DAY & NIGHT
16200 Sand Canyon at Alton; Irvine, CA Phone: 949.753.2000

HOAG MEMORIAL HOSPITAL OPEN EVERY DAY, ALL DAY & NIGHT
301 Hospital Road; Newport Beach, CA Phone: 949.645.8600

FOUNTAIN VALLEY REGIONAL HOSPITAL OPEN EVERY DAY, ALL DAY & NIGHT
Corner of Euclid and Warner; Fountain Valley, CA Phone: 714.979.1211

WESTERN MEDICAL CENTER HOSPITAL OPEN EVERY DAY, ALL DAY & NIGHT
1001 North Tustin Ave; Santa Ana, CA Phone: 714.835.3555

UCI MEDICAL CENTER (UCIMC) OPEN EVERY DAY, ALL DAY & NIGHT
LEVEL ONE TRAUMA CENTER, 101 City Drive South; Orange, CA Phone: 714.456.6011

KAISER HOSPITAL (for students with Kaiser insurance) OPEN EVERY DAY, ALL DAY & NIGHT
6640 Alton Parkway at Sand Canyon; Irvine, CA Phone: 949.932.5000

Most walk-in clinics are open into the evening, but close for the night. Call to confirm their open hours. Some local walk-in medical clinics located near to the UC Irvine campus include:

NEWPORT URGENT CARE OPEN 8 A.M. TO 8 P.M. M-F / 9 A.M. TO 5 P.M. SAT & SUN
1000 Bristol St. No. Ste 1B; Newport Beach, CA Phone: 949.752.6300

WOODBIDGE WALK-IN CLINIC OPEN 8 A.M. TO 8 P.M. EVERY DAY
4870 Barranca Parkway; Irvine, CA Phone: 949.857.1248

FAMILY CARE CENTER OPEN 8 A.M. TO 8 P.M. EVERY DAY
1313 E. 17th St. and Newport Blvd.; Costa Mesa, CA Phone: 949.631.8300

NATIONAL SUICIDE PREVENTION LIFELINE Call: 1.800.273.8255

* If you live out of the UCI area and are a graduate student who has GSHIP, check (<https://www.myuhc.com/>) today, to find emergency treatment facilities in your area, or call the customer service number on your insurance card (1.888.344.6098).