

What Service Is Right For Me?

The UCI Counseling Center offers a variety of services, our primary service being **short-term mental health services** (group and individual services). Take a look at these options to help us identify what services are right for **you**.

Online Self-Help

- Enrolled UCI Students have access to a FREE online self-help program called TAO (Therapy Assisted Online) Go to to www.thepath.TAOconnect.org
- Good for students who are not ready to meet with a therapist, not sure if they need counseling, self-motivating and engaged on their own, or Counseling Center hours do not work with their schedule.

One- Time Visit

- Students whose concern can be addressed in 1 session
- Receive prompt support for non-crisis concerns
- An option for students who will only be available for a few weeks (e.g., leaving to go back home, graduating)

Referral and Resource Support

- Students who are interested in long term therapy (e.g., meets weekly, lasts longer than a couple of months, operate outside of Counseling Center hours, or do not want to wait for services in the Center)
- If you need help assessing or learning about other resources (e.g., food, housing, financial).

Initial Assessment

- Meet with a provider for an assessment to determine what kind of service is appropriate for you. This may include any of the following: group therapy, short term services at the Counseling Center, referral assistance to off-campus providers, referrals to other campus/community resources.

Urgent Care

- An appropriate option for someone who is in a crisis and needs to see a counselor the same day
- Potential examples for crisis: considering suicide, thinking of harming someone, recent loss, personal crisis or recent traumatic event

Self-Care Anytime, Anywhere



1. Take three slow, deep breaths
2. Say positive affirmation to yourself
3. Hug someone
4. Get 7-8 hours of sleep each night
5. Ask for help
6. Stretch
7. Listen to your favorite playlist or podcast
8. Avoid social media
9. Say NO to extra responsibilities
10. Practice gratitude
11. Talk about your feelings
12. Drink water/eat a nutritious snack



Find Us Online!



@UC Irvine Counseling Center



@UCI Counseling Ctr



@UCICounselingct



Additional Resources

How to help a friend go to

www.counseling.uci.edu/crisissupport

How to help a student go to

www.redfolder.uci.edu

Learn more about campus resources

<https://bewell.uci.edu>



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949.824.6457

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www.counseling.uci.edu



Counseling Center Introduction

Here at the Counseling Center, we recognize that students face multiple challenges as they balance classes, work and their personal lives. While we know that there are many ways to get support including accessing family, friends and cultural/spiritual practices, the Counseling Center is another way that you can receive assistance.

We are here to provide registered UCI students with a broad range of mental health services. They include time-limited individual, relationship and group counseling for undergraduate, graduate and professional school students. We also provide urgent care, crisis response, community referrals, consultation and outreach programs for the university community.

At the Counseling Center, we recognize that each person is unique. As such, the issues addressed and the approaches used will be tailored to your individual needs as you work with your therapist. Your therapist will help you clarify your reasons and goals for entering therapy and then provide you with opportunities to learn new skills and coping mechanisms while also gaining self-understanding.

Counseling Center services are free of charge to currently enrolled students who have paid registration fees. All clinical services are confidential.

How to Make an Appointment

Please call the Counseling Center at 949.824.6457. The receptionist will help you choose the appointment that best suits your needs.

If your situation is urgent or if you are in crisis you may request to see the Urgent Care therapist immediately. We also have after hours phone therapists available. If your situation is occurring outside of Counseling Center operating hours please call 9-1-1 or go to the nearest emergency room.

Clinical Services

Crisis Services

- Urgent Care M-F 8:00am - 4:30pm
- After Hours For after hours services, call 949-824-6457, select option #2
- Crisis Services

Psychotherapy

- Short-term individual counseling
 - Relationship counseling
 - Online self help services
- <https://thepath.TAOconnect.org>

Therapy and Drop-In Groups*

- Finding Your Calm (Anxiety & Stress Management)
- Authentic Connections
- Overcoming Social Anxiety
- Graduate Students Therapy Group
- International Coffee Hour
- Estamos Unidos

**This is only a selection of the groups offered and are subject to change each quarter. Check the website for this quarter's selection.*

<https://counseling.uci.edu/services/groups>

Psychiatry

- We offer limited psychiatric and consultation services to clients receiving therapy at the Counseling Center. Please talk to your therapist about psychiatric services.

Outreach

- Workshops, trainings & presentations
- General outreach & consultation
- Please visit our website to request an outreach service for your organization

<https://counseling.uci.edu/outreach/request-services.php>

Training

Education is central to the mission of our center.

We are proud to offer three different training programs:

Doctoral Psychology Internships: UCI has the longest standing Counseling Center APA accredited internship program in the UC system.

Postdoctoral Fellowships: We offer advanced training and supervision to prepare early career psychologists for licensure in the state of California.

Provider of Continuing Education: As a service to the local mental health community and for our continual professional development, we provide continuing education courses.



Peer Programs

C.O.A.C.H.: The Creating Options and Conquering Hurdles (COACH) program offers life coaching! Our Life Coaches are a group of upper level undergraduate students carefully selected and extensively trained. They help create goals and make concrete and attainable steps towards



enhancing various areas of personal development including time management, communication skills, and enhancing academic achievement.

LGBTQ Mentor Program: The Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) Mentoring Program supports LGBTQ students in their personal journey toward becoming



well-rounded, self-accepting LGBTQ individuals. Mentors aspire to help LGBTQ students feel comfortable "in their own skins" as LGBTQ people and to make coming out an empowering, positive experience.

Peer Educators: Peer Educators are undergraduate students representing a rich diversity of cultural backgrounds and life experiences. They provide outreach services to the campus community, develop workshops covering a variety of wellness topics, inform the campus



community of the Counseling Center services, and assist professional staff with programming.