

# Health and Well-Being Resources for Graduate Students and Their Mentors

## Academic

- Departmental Guidance: Major Professor, Graduate Academic Advisor, Department/Graduate Group Chair
- Graduate Studies – <https://grad.ucdavis.edu/>. (530)752-0650 or email [gradservices@ucdavis.edu](mailto:gradservices@ucdavis.edu). Provides graduate student assistance in navigating UC Davis, including professional development, financial, and academic support services.
- Student Disability Center (SDC) – <https://sdc.ucdavis.edu/>. (530)752-3184. Provides assessment, consultation and appropriate course accommodations based on documented disability. Accommodation letter may be found in the Faculty Portal.

## Mental Health

- Student Health and Counseling Services (SHCS) – <https://shcs.ucdavis.edu/> or (530)752-2349
  - Counseling Services: <https://shcs.ucdavis.edu/counseling-services>. SHCS provides individual counseling to students as well as group service and workshops, eating disorder services, and community referrals.
  - Responding to Distressed and Distressing Students: <https://shcs.ucdavis.edu/resources/faculty-and-staff/helping-dangerous-students>. General tips for recognizing and responding to students in distress including suicidal ideation.
  - Acute Care Clinic: <https://shcs.ucdavis.edu/acute-care-clinic>. Day-of medical and mental health care to students on a prioritized basis during normal business hours.
  - Faculty and Staff Consultation Line – available 24/7 at (530)752-0871
- Graduate Studies Psychologist, Dr. Bai-Yin Chen – <https://grad.ucdavis.edu/resources/help-and-support/mental-health-and-counseling>. Dr. Chen specializes in graduate student concerns and issues and can be reached at [bychen@ucdavis.edu](mailto:bychen@ucdavis.edu).
- Community Advising Network (CAN) – <https://shcs.ucdavis.edu/services/can>. A team of community counselors connected to campus community centers.
- Each Aggie Matters – <https://eachaggiematters.ucdavis.edu/>. Mental health movement at UC Davis that provides students the platform to connect with UC Davis and community mental health services. Students in crisis may text "RELATE" to 741741 or call (530)756-5000

## Personal and Interpersonal

- Office of Student Support and Judicial Affairs (OSSJA) – <https://ossja.ucdavis.edu/>. (530) 752-1128 or [ossja@ucdavis.edu](mailto:ossja@ucdavis.edu). Offers Case Management support to students in need by connecting them to community resources. Provides consultation to faculty and staff regarding students of concern. If you are concerned about a student you may submit a report directly to a Case Manager: [https://ucdavis-advocate.symplicity.com/care\\_report/index.php/pid662363?](https://ucdavis-advocate.symplicity.com/care_report/index.php/pid662363?)
- Ombuds Office – <https://ombuds.ucdavis.edu/>. (530)754-7233. Offers confidential, independent conflict management and problem-solving resources.

- Harassment and Discrimination Assistance and Prevention Program (HDAPP) – <https://hdapp.ucdavis.edu/>. (530) 7747-3864 or [hdapp@ucdavis.edu](mailto:hdapp@ucdavis.edu). Anonymous call line (530) 747-3865. Assists individuals and campus units to resolve conflicts and complaints related to harassment, discrimination, sexual harassment, sexual violence and hate and bias.
- Center for Advocacy, Resources & Education (CARE) – <https://care.ucdavis.edu/>. (530)752-3299 or [ucdcare@ucdavis.edu](mailto:ucdcare@ucdavis.edu). Confidential advocate resources for students who have, or are close to someone who has, experienced sexual harassment or violence.

## Wellness

- Basic Needs Center (Aggie Compass) – <https://aggiecompass.ucdavis.edu/>. Contact (530)752-9254 or [compass@ucadvis.edu](mailto:compass@ucadvis.edu). Basic needs center that connects students to financial, housing, mental health, and food resources, including the Pantry and Fruit & Veggie Up! Programs.
- SHCS Wellness Programs - <https://shcs.ucdavis.edu/wellness>. SHCS programs/resources to promote student well-being such as stress management, healthy eating, and reducing anxiety.
- Work Life Wellness – <https://hr.ucdavis.edu/departments/worklife-wellness>. (530)754-8791 or [worklife@ucavis.edu](mailto:worklife@ucavis.edu). Supports a balanced lifestyle for students through programs and events including family and child care programs, student parent resources, and lactation and breastfeeding support.

## Visa and Immigration

- Services for International Students and Scholars (SISS) – <https://siss.ucdavis.edu/>. (530)752-0864 or [siss@ucdavis.edu](mailto:siss@ucdavis.edu). Provides guidance to international students on obtaining/maintaining appropriate legal status and employment authorization. Assists faculty and staff with questions regarding international students and scholars.
- AB540 and Undocumented Student Center – <https://undocumented.ucdavis.edu/>. (530)752-9538 or [undoc@ucdavis.edu](mailto:undoc@ucdavis.edu). Empowers undocumented students, their families, and community members through educational programming like UndocuAlly, financial resources and free legal consultation.

## Articles and Reports on Mental Health and Graduate Students

- *Why We Need to Talk More About Mental Health in Graduate School*: Kathryn R. Wedemeyer-Strombel, August 27, 2019. <https://tinyurl.com/GradMentalHealthTalk>
- *Mental Health Crisis for Grad Students*: Colleen Flaherty, March 6, 2018. <https://tinyurl.com/GradStudentHealthCrisis>
- *Graduate School Can Have Terrible Effects on People's Mental Health*: Alia Wong, November 27, 2018. <https://tinyurl.com/GradSchoolMentalHealth>
- The University of California Graduate Student Well-Being Survey Report: [https://ucop.edu/institutional-research-academic-planning/files/graduate\\_well\\_being\\_survey\\_report.pdf](https://ucop.edu/institutional-research-academic-planning/files/graduate_well_being_survey_report.pdf)