

Training, Education and Resources

Training

UCSF offers several opportunities for Faculty and Staff training related to mental health and wellness.

Introduction to UCSF Student Health & Counseling Services (SHCS)

Student Health & Counseling Services (SHCS) will provide an overview of our medical, counseling, psychiatric, nutritional and outreach services. Presentation covers topics such as: services provided, how to refer students to SHCS for assistance, information about student health insurance and how to support students of concern or in distress.

Assisting Students of Concern: What every faculty/staff needs to know

This Town Hall-style workshop offers the opportunity for faculty and staff to generate dialogue about the mental health needs of UCSF students, and discuss how SHCS can work with you to support students of concern. The workshop includes an opportunity to interact directly with SHCS providers and administrators, and to ask questions of them. The workshop also includes a tutorial of the See? Say. Do! Quick Reference Guide for assisting students in distress.

See? Say. Do! Guide Training: How to use this quick reference for assisting students in distress

This is a tutorial for the See Something? Say Something. Do Something! Quick Reference Guide for assisting students in distress. The presentation covers the sections of the guide, including detecting signs of distress, decision making about appropriate intervention, overview of student support resources on campus, how to communicate concern to students and how to refer them.

Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Training

This workshop offers training and practice in suicide prevention and intervention skills, utilizing the nationally recognized QPR (“Question, Persuade and Refer”) Suicide Prevention Gatekeeper approach. QPR is listed in the Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) National Registry of Evidence-based Practices and Policies, and skills learned in the workshop carry the life-saving potential of CPR. This program is relevant for all faculty and staff, and is not exclusively for clinicians. Participants will receive a certificate designating them as an official QPR Gatekeeper, which can be a valuable addition to a CV or resume.

Wellness Programs By Request

SHCS will facilitate Wellness Programs by request for your program, event, or student group.

For more information, contact the Student Health & Counseling Services Outreach Coordinator at shs@ucsf.edu.

Resources

**UC Police Emergency
(from campus phone)**
9-911

UC Police Emergency (from cell phone)
(415) 476-6911

UC Police Non-emergency
(415) 476-1414

**Student Health and Counseling Services
(SHCS)**
(415) 476-1281
<http://studenthealth.ucsf.edu>

Student Life
(415) 502-3302
<http://studentlife.ucsf.edu>

**SHCS Mental Health After Hours
Crisis Line**
(415) 476-1281 x7

Medical Student Well-Being Program
(415) 476-0468
<http://meded.ucsf.edu/wellbeing>

Student Disability Services
(415) 476-6595
<http://sds.ucsf.edu>

Student Financial Aid

(415) 476-4181

<http://finaid.ucsf.edu>

Affirmative Action, Equal Opportunity

(415) 476-7700

<http://diversity.ucsf.edu/aaeo>

**International Students and
Scholars Office**

(415) 476-1773

<http://isso.ucsf.edu>

**Lesbian, Gay, Bisexual & Transgender
Resource Center**

(415) 476-7700

<http://lgbt.ucsf.edu>

**Sexual Harassment Prevention
Resolution**

(415) 476-5186

<https://sexualviolence.ucsf.edu/>

Office of the Ombuds

(415) 502-9600

<http://ombuds.ucsf.edu>

Learning Resource Services

(415) 502-0319

<http://learn.ucsf.edu>

Multicultural Resource Center

(415) 502-1911

<http://diversity.ucsf.edu/mrc>

**CARE Advocate (Sexual Assault/
Domestic Violence)**

(415) 502-8802

<http://shpr.ucsf.edu/confidential-care-advocate>

**Office for the Prevention of Harassment
and Discrimination**

(415) 502-3400

<http://ophd.ucsf.edu>

**Office of Career & Professional
Development**

(415) 476-4986

<http://career.ucsf.edu>

FOR POSTDOCS, FACULTY & STAFF

Faculty and Staff Assistance Program

(415) 476-8279

<http://ucsfhr.ucsf.edu/index.php/assist>



