

Training, Education and Resources

Training

UC Davis Counseling and Psychological Services (CAPS) offers several opportunities for Faculty/Staff, Graduate Teaching/Research Assistants, student groups, academic departments and administrative units for training related to student mental health and wellness. The goal of this outreach is to demystify counseling, educate the campus community on mental health issues and to help others know our counselors. See examples of offerings below:

Recognizing and Responding to Students in Distress

This presentation will help you to identify signs and symptoms of a student in distress, obtain tools for communicating concern in an effective manner, identify several referral resources on campus to assist students in need, and practice the skills required to effectively assist a student in distress.

Stress Management

A Peer Health Educator can teach you to define stress, identify the symptoms, and recognize the causes of stress in order to better manage it in your daily life. Additionally, you will learn new tools and strategies to reduce, control and cope with stress more effectively.

Education

The Center for Teaching and Learning (CETL)

“Great teachers do not all have a single style — but they do all have a singular goal: to reach students in ways that have deep and lasting influence on how they think and act throughout their lives and careers.”
—Anonymous

The Center for Excellence in Teaching and Learning (CETL) provides leadership and support for instructional improvement at UC Davis. Our services and events enrich campus resources for teaching and learning, promote effective teaching and assessment strategies and facilitate discourse on teaching innovation and improvement.

Resources on the CETL website include:

- Services
- Courses and Events
- Grants and Awards
- Resources

Contact the Center for Excellence in Teaching and Learning (CETL) at (530) 752-6050 or via email at cetl@ucdavis.edu. Visit <http://cetl.ucdavis.edu/> to learn more.

Resources

EMERGENCY

UC Davis Police

911 or (530) 752-1230

Call when there is clear and imminent danger, life threatening situations, and if there is a concern for personal safety.

NON-EMERGENCY

For Distressing Students

Examples include: intimidating or threatening behavior; violating boundaries, expressing or describing violent themes

Office of Student Support and Judicial Affairs

(530) 752-1128
sja@ucdavis.edu

OR

Care Management

aggiecare@ucdavis.edu

For Students Experiencing Distress

Examples include: signs of depression or anxiety; recent trauma; deteriorating academic performance; writing/talking about wanting to harm oneself or others.

Student Health Counseling Services (SHCS)

(530) 752-2349

Urgent care services at Student Health and Wellness Center Non-Urgent mental health services by appointment at North Hall.

UC Davis Just in Case (mobile website)

<https://shcs.ucdavis.edu/justincase/>
Provides information on signs of distress, tools to help a friend in need and how to access campus resources.

Consultation with both SJA and SHCS may be best when responding to a student of concern. This ensures comprehensive care for the student.

24 HOUR/ AFTER HOURS

SHCS After Hours Counseling

(530) 752-2349

CVPP Victim Advocate

(530) 752-1727

Suicide Prevention (24-hour crisis lines)

Confidential, anonymous telephone counseling and referral information provided any time

- **Davis**, (530) 756-5000
- **National Suicide Prevention Lifeline**, 1-800-273-TALK (8255)

Sutter-Davis Hospital

(530) 756-6440

Woodland Memorial Hospital

(530) 662-3961

FOR STUDENTS

Campus Violence Prevention Program (CVPP)

(530) 752-3299

The Pantry

(530) 752-2612

<http://thepantry.ucdavis.edu>

Sexual Harassment Anonymous Call Line

(530) 752-2255

Student Health and Wellness Center (SHWC)

(530) 752-2300

UC Davis Escort Services

(530) 752-COPS (2677)

UC Davis Police (Non-Emergency)

(530) 752-1727

OTHER STUDENT RESOURCES

Alcohol Tobacco & Other Drug Abuse Prevention & Treatment (ATOD)

(530) 752-6334

Cross Cultural Center (CCC)

(530) 752-4287

Community Advising Network (CAN)

<http://shcs.ucdavis.edu/services/can>

Student Academic Success Center (SASC)

<http://success.ucdavis.edu>

South Hall (530) 752-4475

Dutton Hall (530) 752-2013

Educational Opportunity Program

(530) 752-9366

Financial Aid Office

<http://financialaid.ucdavis.edu>

(530) 752-2396

Internship and Career Center

<http://iccweb.ucdavis.edu>

Services for International Students and Scholars (SISS)

<http://siss.ucdavis.edu>

(530) 752-0864

Student Affairs Officers (SAO)
African American/African Studies
530-752-9581
Asian American Studies 530-752-4447
Chicana(o)/Latina(o) Studies
530-752-2492
Native American Studies 530-752-6656

**Lesbian, Gay, Bisexual, Transgender,
Queer, Intersex, Asexual Resource
Center (LGBTQIA RC)**
(530) 752-2452

Student Disability Center (SDC)
(530) 752-3184

**Student Recruitment & Retention
Center (SRRC)**
(530) 752-6836

Transfer, Reentry, Veterans Center:

- **Transfer,** (530) 752-2200
- **Veterans,** (530) 752-2020

**Women's Resources & Research Center
(WRRC)**
(530) 752-3372

FOR POSTDOCTORAL SCHOLARS

[http://www.garnett-powers.com/
postdoc/#close](http://www.garnett-powers.com/postdoc/#close)

FOR FACULTY/STAFF (AND STUDENT EMPLOYEES)

**Academic and Staff Assistance
Program (ASAP)**
(530) 752-2727

Campus Ombuds Office
<http://ombuds.ucdavis.edu>
530-219-6750

**Harassment & Discrimination
Assistance & Prevention Program**
<http://hdapp.ucdavis.edu>
530-752-9255

**Workplace Violence Prevention
Information**
(530) 747-3854

IN THE COMMUNITY

Davis City Police
(530) 747-5400

**Empower Yolo (Resources and
24-Hour Crisis Line)**
(530) 662-1133