

Training and Resources

Training

UCSC offers several opportunities for Faculty/Staff & Graduate Teaching/Research Assistant training related to mental health and wellness.

Orientation to CAPS and Recognizing Students in Distress

This training is an orientation to Counseling and Psychological Services (CAPS), helping staff and faculty learn how to access support services for undergraduate and graduate students. It also teaches them how to recognize students in distress.

Mental Health First Aid (MHFA)

This is a 8-hour class that is open to all UCSC students, staff and faculty. Participants will learn about risk factors, warning signs, stigma reduction and skills for how to intervene and provide support to individuals developing a mental health problem or experiencing a mental health crisis, until professional treatment is obtained, or the crisis is resolved. Upon completion, participants receive a three-year certification certificate.

Sexual Assault Prevention

Learn how to listen and support students who have experienced domestic violence, and learn how to appropriately refer these students to campus resources as needed.

QPR Suicide Prevention (Question, Persuade and Refer) Training

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, faculty, staff and students trained in the nationally recognized QPR training learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help.

Call CAPS at (831) 459-2628 or visit <http://caps.ucsc.edu/> for more information.

Resources

UCSC POLICE

Emergency Reports
911

Non-Emergency Reports
(831) 459-2231

FOR STUDENTS

Slug Support Coordinator
(831) 459 4446
<http://deanofstudents.ucsc.edu/slug-support/program/index.html>

Counseling and Psychological Services
(831) 459-2628
<http://caps.ucsc.edu/>

Student Health Center
(831) 459-2211
<http://healthcenter.ucsc.edu/>

Student Health Outreach and Promotion
(831) 459-3772
<http://shop.ucsc.edu/>

Alcohol and Drug Education
(831) 459-1417
<http://shop.ucsc.edu/alcohol-other-drugs/index.html>

Community Safety Program
(831) 459-2100
<http://housing.ucsc.edu/safety/>

Disability Resource Center
(831) 459-2089
<http://drc.ucsc.edu/>

Education Opportunity Program
(831) 459-2296
<http://eop.ucsc.edu/>

Ethnic Resource Centers
(831) 459-2427

Hate/Bias Reporting
(831) 459-4446
<http://reporhate.ucsc.edu/>

Cantu Gay, Lesbian, Bisexual, Transgender, Intersex Resource Center
(831) 459-2468
<http://queer.ucsc.edu/>

Campus Advocacy Resources & Education (CARE)
(831) 502 2273
<http://care.ucsc.edu/>

Sexual Violence Prevention and Response
(831) 459-2721
<http://safe.ucsc.edu/>

Services for Transfer and Re-entry Students
(831) 459-2552
<http://stars.ucsc.edu/about/index.html>

Title IX/Sexual Harassment Office
(831) 459-2462
<http://hdpiu.ucsc.edu/>

College CAOS

Veteran Resource Center

(831) 459-1520

<http://stars.ucsc.edu/veteran/about.html>**Women's Center**

(831) 459-2072

<http://womenscenter.ucsc.edu/>**Dean of Students Office**

(831) 459-4446

<http://deanofstudents.ucsc.edu/about/index.html>**Student Conduct & Community Standards**

(831) 459 1738

<http://deanofstudents.ucsc.edu/student-conduct/>**College Eight**

(831) 459-2922

<http://eight.ucsc.edu/>**College Nine**

(831) 459-3122

<http://collegenine.ucsc.edu/>**College Ten**

(831) 459-3122

<http://collegeten.ucsc.edu/>**Cowell College**

(831) 459-3642

<http://cowell.ucsc.edu/>**Crown College**

(831) 459-2452

<http://crown.ucsc.edu/>**Kresge College**

(831) 459-5015

<http://kresge.ucsc.edu/>**Merrill College**

(831) 459-4827

<http://merrill.ucsc.edu/>**Oakes College**

(831) 459-2550

<http://oakes.ucsc.edu/>**Porter College**

(831) 459-5015

<http://porter.ucsc.edu/>**Stevenson College**

(831) 459-2638

<http://stevenson.ucsc.edu/>

