

# UC MERCED MENTAL HEALTH SUPPORT OPTIONS

When appointments are not readily available at Counseling and Psychological Services (CAPS), there are a number of options available for UC Merced Students



## Groups

CAPS offers groups for:

**General college student support** (Comfort in the Chaos)

**Anxiety and Stress Management** (Anxiety Toolbox)

**Substance Abuse Recovery** (Peer Recovery Support Group)

**Grief and Loss Support Group**

**Drop-in Services**

**Dealing with Depression**

**Trauma Survivors Group** (Healing Group)

**Graduate Student Support**

Call (209)228-4266 for more information about these groups.



## WellTrack

CAPS sponsors an online website that allows students to work on anxiety/stress and depression on their own. Go to <https://counseling.ucmerced.edu/welltrack> to get started. It is a free service and can be downloaded for free from the App store using your UC Merced email address to access. Check out "Courses" and watch the videos on depression, anxiety/stress, and public speaking; track your moods with the Mood Tracker to see what correlates with mood changes; try the Zen Room found under "Tools" and customize a guided relaxation meditation.



## Relaxation Station

CAPS partners with Health Promotions to offer a program that teaches students how to relax their mind and body using biofeedback. The Relaxation Station is at Granite Pass 159. Contact [HEROES@UCMERCED.EDU](mailto:HEROES@UCMERCED.EDU) to make an appointment or stop by Monday through Friday during business hours.



## CAPS After-hours Phone Line

Whenever CAPS is closed, the CAPS phone line is answered by mental health professionals. This is a free service to students and can be accessed using the regular CAPS phone line 209-228-4266. Available Monday through Friday 4:30pm to 8am the following business day, and 24 hours a day on weekends and holidays.



## Private Counseling

Use your medical insurance to access a therapist. There may be a co-pay for this service. You can find a provider through your medical insurance Member Services Department. Ask for a list of mental health providers in your insurance network who offer in-person or tele-health counseling sessions. Two resources known to offer tele-psychology are:

**Pacific Coast Psychiatric Associates** Website: <https://www.pcpasf.com/>

**UC Student Health Insurance Program (UCSHIP)**

Website: <https://www.ucop.edu/ucship/>

**In-person therapy for students with Medi-Cal is available locally through ANOVA.** Website: [www.anovabh.com](http://www.anovabh.com)

Kaiser patients can be seen by providers who accept Magellan insurance.

**IF YOU FEEL YOU STILL NEED TO BE SEEN AT CAPS AFTER UTILIZING THESE RESOURCES, PLEASE CALL CAPS AT 209-228-4266.**