

Resources

By Dr. Margaret Rea

An essential aspect of your developing identity of becoming a physician is identifying ways to support your well-being. As we all head into the darker days of winter and the pressure of juggling academic demands like finals and the holidays, it seemed important to remind you of the many resources available.

Please reach out to Dr. Maggie Rea, Director of Student and Resident Wellness, with any questions or concerns about wellness issues.

Email: mrea@ucdavis.edu; **Phone:** (916) 703-WELL (9355); **Location:** Education Building, 4th floor, Room 4101E

Counseling Services through Student Health Counseling Services (SHCS) are offered at no cost to registered students. Partners of students are also seen at no cost when participating in couples' therapy.

- **Sacramento Campus:**
 - Email: medschoolcounseling@ucdavis.edu.
 - Call: 916-734-0636.
 - Location: Facilities Support Services Building (FSSB) at 4800 2nd Ave in Suite 1400.
- **Davis Campus:**
 - Online scheduling at [Student Health and Wellness Center](#).
 - Call: (530) 752-0871
 - Location: [Student Health and Wellness Center](#)
- **SHCS Urgent Care and Crisis Response:** Drop-in urgent care services are available daily for urgent matters during normal business hours of operation at the <https://shcs.ucdavis.edu/about/shwc> 930 Orchard Road on the Davis campus. Call ahead at (530) 752-2349 to help them best assist you. M, T, Th, F from 8:00am - 5:30pm; Wed., 9:00am - 5:30pm. Walk-in services are currently not available at the FSSB office.

Crisis Services

- ◆ **Call 911 or go to the nearest ER**
- ◆ **24/7 Phone Lines:** If you have an emergency after hours, call SHCS 530-752-0871 and follow the prompts to connect you to a mental health professional. You can call anonymously or give your name. If you leave your name and state you are a medical student wanting a call back, a staff member from SHCS will call you back the next business day.
- ◆ Text **RELATE** to **741741** to text with a trained Crisis Counselor. Crisis Text Line is free, 24/7, immediate and confidential from anywhere in the US.
- ◆ **Sutter Center for Psychiatry 24/7 line 916-386-3000**

Psychiatric Services can be accessed through SHCS or your Behavioral Health Insurance.

- **Students with Western Health Advantage** can access psychiatric services through Magellan. Access provider list here: <https://www.magellanassist.com/default.aspx>
 - Click on Enter or Register as a Guest
 - Enter 8004241778
 - Click "Accept and Enter as A Guest"
 - Click Providers and then Provider Search
 - Under Choose a Provider List, select Behavioral Health Programs
 - Enter Zip Code.
- Community Psychiatry Associates, a Magellan provider group, has agreed to expedite access to care. Please start the on-line registration. <https://www.communitypsychiatry.com/> (916) 567-3500 and reach out to Dr. Rea if you experience difficulties or delays.
- **Psychiatric services through Student Health Counseling Services (SHCS) in Davis.** You will need to be referred by a SHCS counselor or primary care practitioner at the UCD Student Health and Counseling Services. Call (530) 752-2349.
- **Medi-Cal Insurance**, please contact the Sacramento County Adult Access line: <https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx> (916) 875-1055
- **Live Health Online.** SHCS is currently partnering with them and has a coupon code "**PSYCHIATRYUCD**" to access this service for free online visits. <https://shcs.ucdavis.edu/online-visits>



Wellness Tip: Resources

Wellness is not one size fits all, please remember the many options for support:



The Act of Giving: Donate

This month, in place of a recipe and in honor of Thanksgiving, please consider donating to a food bank of your choice to be sure others do not go without food during this holiday season. Options for giving include:

The Food Pantry to benefit anyone with a need in the UC Davis Health community.

The Sacramento Food pantry <https://support.sacramentofoodbank.org/give/126385/#!/donation/checkout>

River City Food Bank <https://rivercityfoodbank.org/>

Central Downtown Food Bank <http://cdfb.org/>

Yolo Food Bank <https://yolofoodbank.org/>

**Thank
You**

Wellness App: Grateful



"With its simple interface and daily prompts, Grateful is designed to make reflection and giving thanks both a joyful and easy process. Daunted by a blank page? Not quite sure where to start? Grateful will greet you with one question, such as. 'What made you smile today?' or 'What made today a good day?'. All you have to do is answer. It can be a simple word. Or a simple paragraph. Grateful allows for both. You can also add a photo to support your thoughts....Grateful's simple journal feed lets you browse your entries by TIME or by PROMPT. Want to see all the things that made you smile this year? Jump to those entries in your timeline. Want to see what your state of mind was last January? Jump to that month in your timeline."

<https://apps.apple.com/us/app/grateful-a-gratitude-journal/id1197512462>