



Health and Psychological Services for UC Davis Health's Medical Students, Residents & Faculty

In the event of an emergency, call 911 or go to the nearest emergency room	
Consider contacting your primary care physician if possible	
UC Davis Police Emergency	916-734-2555 (Medical Center) 530-752-1230 (campus)
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Local Suicide Prevention and Crisis Hotlines	916-368-3111 (Sacramento) 530-756-5000 (Davis)
Crisis Chat & Texting-WellSpace Health (not for emergent life threatening situations) https://www.wellspacehealth.org/services/counseling-prevention/suicide-prevention	
Sacramento County Adult Mental Health Services After hours line	916-875-1055 888-881-4881
Sutter Center for Psychiatry Crisis Intervention Services (24 hours a day, 7 days a week)	916-386-3620
Heritage Oaks Hospital 4250 Auburn Blvd. Sacramento, CA 95841	916-489-3366
Sierra Vista Hospital 8001 Bruceville Rd. Sacramento, CA 95823	916-288-0300
University of California Davis Medical Center Emergency Department 2315 Stockton Blvd., Sacramento, CA 95817	916-734-3790
Sutter General Hospital Emergency Services: 2825 Capitol Avenue, Sacramento, CA 95816	916-887-1130
Sutter Davis Emergency Department 2000 Sutter Place, Davis, CA 95616	530-757-5111
Mercy General Hospital Emergency Department 4001 J Street, Sacramento, CA 95819	866-553-3261
Mercy San Juan Medical Center Emergency Department 6501 Coyle Avenue, Carmichael, CA 95608	855-409-5280
Methodist Hospital of Sacramento Emergency Department 7500 Hospital Drive, Sacramento, CA 95823	916-230-1873



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Woodland Healthcare Emergency Department 1325 Cottonwood Street, Woodland, CA 95695	844-617-4566
Kaiser Permanente-Sacramento Emergency Department 2025 Morse Avenue Sacramento, CA 95825	916-614-4040
Kaiser Permanente-South Sacramento Emergency Department 6600 Bruceville Road Sacramento, CA 95823	916-688-2106
Helpful Resources for Medical Students	
SHCS Counseling Services https://shcs.ucdavis.edu/counseling-services	530-752-2349
UC Davis Medical Center Fitness Center (ARC) 2501 Stockton Blvd., Sacramento, CA 95817	530-219-5476
Director of Student & Resident Wellness - UC Davis School of Medicine Margaret Rea, Ph.D	916-703-9355
American Medical Student Association (AMSA) http://www.amsa.org/	
Helpful Resources for Residents and Faculty	
Sheetal Shah, Ph.D. Resident and Fellow Counselor drsshah@ucdavis.edu	916-822-1916
Director of Student & Resident Wellness - UC Davis School of Medicine Margaret Rea, Ph.D.	916-703-9355
Academic and Staff Assistance Program 2720 Stockton Blvd., Suite 2100 Sacramento, CA 95817 https://hr.ucdavis.edu/departments/asap	916-734-2727
UCDHS Wellness Services Wellness Coordinator: Marina A. Podoreanu, MSW, ASW http://www.ucdmc.ucdavis.edu/hr/wellness/	916-734-2760
UC Davis Medical Staff Well-being Committee www.ucdmc.ucdavis.edu/medstaffwellbeing/ Peter Yellowlees, MBBS, MD Office: (916) 734-8581 pmyellowlees@ucdavis.edu	
UC Davis Medical Center Fitness Center (ARC) 2501 Stockton Blvd., Sacramento, CA 95817	530-219-5476



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UC Davis Health System Workplace Violence https://hr.ucdavis.edu/departments/elr/workplace-violence	
General Resources	
American Foundation for Suicide Prevention http://www.afsp.org	
The Trevor Project http://www.thetrevorproject.org/	1-866-4.U.TREVOR 866-488-7386
Mental Health America of Northern California https://www.norcalmha.org	916-366-4600
Alcoholics Anonymous-Sacramento 24-hour helpline aasacramento.org	916-454-1100
Narcotics Anonymous-Sacramento 24-hour helpline sacramentona.org	866-565-2135
Eating Recovery Center https://www.eatingrecoverycenter.com/recovery-centers/sacramento	916-574-1000
WEAVE (sexual assault/domestic violence) 24-hour crisis line http://www.weaveinc.org/	916-920-2952