

University Counseling Services (UCS)

**UCS is currently providing all mental health services
virtually via telemental health**

- Initial Assessment
- Short-Term Therapy
- Wellness Workshops
- Group Treatment
- Urgent Care/Crisis Services (24/7)
- Psychiatric Services
- Case Management

*Please visit UCS' website at csun.edu/counseling

UCS Workshops & Groups

Wellness Workshops:

- RIO (Recognition, Insight & Openness)
- Anxiety Toolbox

Psychoeducational Workshops:

- Anxiety Management
- Winning at Emotions: Skills for Coping with Your Feelings
- Writer's Block for Graduate Students

Therapy & Support Groups:

- We're First (First-Generation College Students)
- Here to Stay
- Understanding Self & Others
- LBGTQIA+ Group
- International Student Group
- Women's Group
- Men's Groups: Men of Color & ManUp
- Grief & Loss Group
- Parenting Support Group
- Graduate Student Group
- Transfer Student Group

UCS Crisis/Urgent Care Services

- Crisis/Urgent Care Services 24/7

- Crisis/urgent care counselors are available to assist students with urgent situations or serious crises:
 - ***Call (818) 677-2366 (Select Option 1) during business hours*** (Monday through Friday, 8 am – 5 pm)
 - ***Call (818) 677-2366 (Select Option 3) outside of business hours*** (e.g. evenings, weekends, holidays)

Additional UCS Services

- Outreach & Consultation
 - Suicide Prevention Training (QPR – Question, Persuade, and Refer)
 - Mental Health Consultations: faculty, staff, parents, and students
 - Psychoeducational Workshops on a variety of mental health-related topics
 - Let's Talk – informal consultations for students with therapists offered on multiple days/times each week
 - Student Peer Education Programs: The Blues Project, JADE, Project D.A.T.E., and MenCARE
 - Mental Health Screenings
 - Self-Help Library
 - Videos, blogs, and recorded presentations

University Counseling Services

Student Mental Health

Impact of COVID-19, racial injustice, and current events on student mental health and well-being:

- Increased anxiety and depression
- Increased thoughts of self-harm and suicide
- Loneliness and isolation
- Trauma
- Family/relationship problems
- Financial problems
- Grief and loss
- Exacerbation of existing mental health conditions

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Supporting Students in a Virtual Environment

Supporting students' mental health and well-being:

- Set clear expectations
- Create a culture of caring: empathy, compassion, and understanding
- Emotional support is critical; faculty and mentor relationships can be protective
- Promote social connectedness with peers (opportunities for peer collaboration)
- Promote help-seeking behavior (various resources on campus)

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Supporting Students in a Virtual Environment

Supporting students' mental health and well-being:

- Ensure students know that mental health services are available and accessible virtually, especially 24/7 crisis support
- Be alert for students at risk (e.g., high level of anxiety and/or distress; changes in behavior; not completing assignments; reduction in quality of work; not responsive to emails or phone calls; disruptive, confused, suspicious; etc.)
- Seek consultation with a mental health provider at UCS for concerns about students