



# Ready For Wellness

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**CAPS**  
Counseling and  
Psychological Services



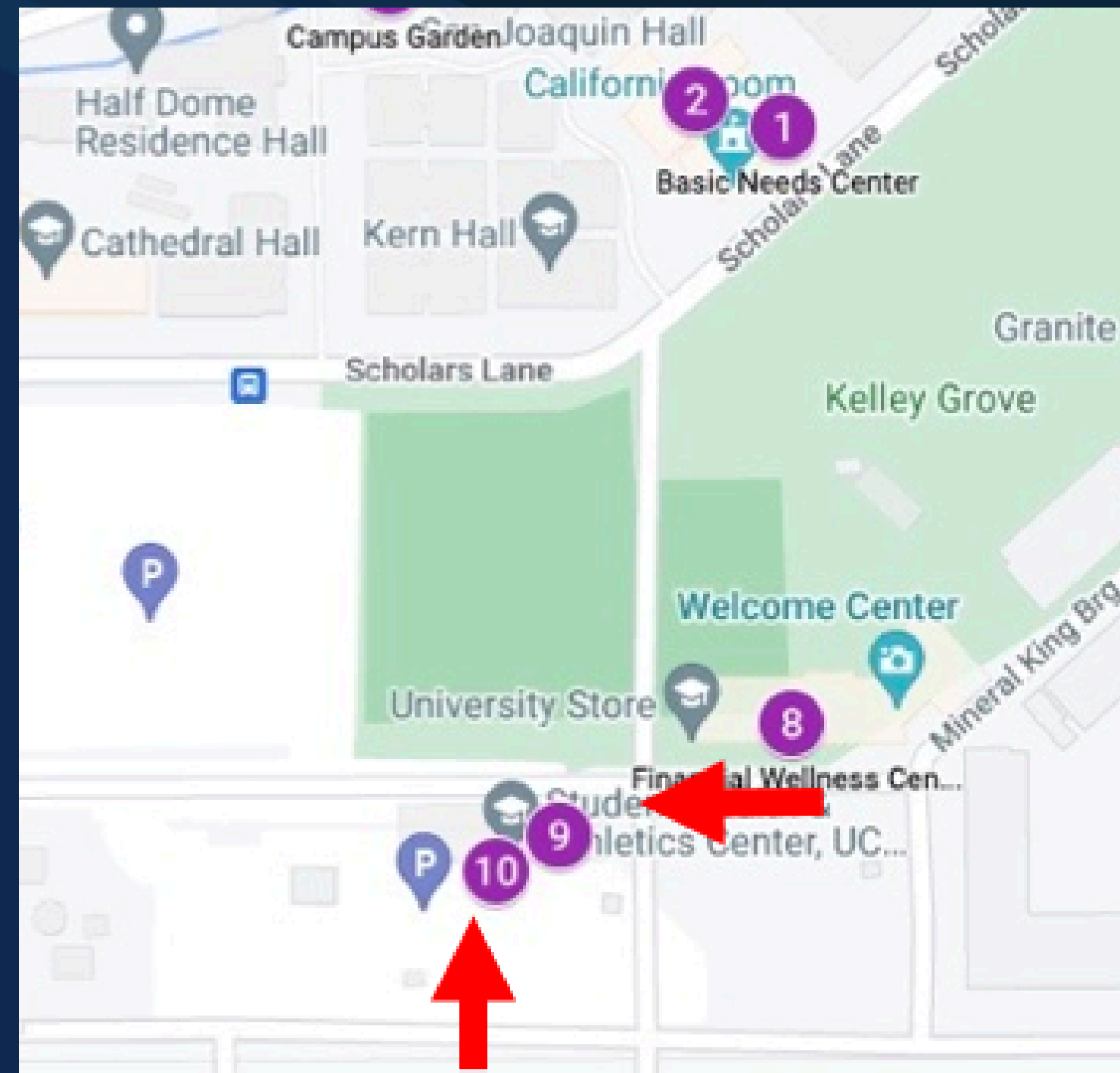
**STUDENT  
HEALTH  
SERVICES**



# Campus Wellness Resources



- ✓ Wellness
- 1 Basic Needs Center
- 2 Bobcat Pantry
- 3 Campus Garden
- 4 Joseph E. Gallo Recreation & Wellness Center
- 5 CARE Office
- 6 Dean of Students
- 7 Health Promotion
- 8 Financial Wellness Center
- 9 Counseling and Psychological Services
- 10 Student Health Services
- 11 Student Accessibility Services



# Immunization Requirements

## Vaccination Requirements

- Tdap
- Meningococcal Conjugate
- MMR
- Varicella
- Latest COVID-19 Booster or Vaccine Declination form submitted
- TB compliance/ risk screening form



APPLIES TO INCOMING UG, GRAD AND TRANSFER STUDENTS



STUDENT HEALTH SERVICES

# Insurance Contact Information

## UC SHIP / Waiver Questions



Monday-Friday: 8:30am-4:30pm



Gallo Rec & Wellness Center, 2<sup>nd</sup> floor



(209) 228-4876



[Insurance@ucmerced.edu](mailto:Insurance@ucmerced.edu)



A WAIVER MUST BE COMPLETED EVERY YEAR. FALL WAIVER PERIOD ENDS JULY 29, 2024 AT 11:59PM

## STUDENT HEALTH SERVICES

# Location & Contact Information



### Location:

2nd floor of the Health and Athletic Center



### Hours of Operation:

Monday- Friday 8 am to 4:30 pm

After Hours Advice Nurse: (209) 228- 2273, Option 1



### To Make an Appointment:

Contact SHC at (209) 228- 2273 or walk-in



### Do I Need the School's Insurance to be Seen?

No

# Services Available at Student Health



**APPOINTMENTS** - In-person and telehealth appointments

**NURSE CLINIC** - Immunizations, TB screenings, pregnancy testing, emergency contraception, wound care, and triage

**PSYCHIATRY SERVICES** - In-person and telehealth appointments

**PHLEBOTOMY** - Blood draws done at SHS are sent to Quest Diagnostics for processing

- Primary Care – acute and chronic conditions
  - Asthma, diabetes, eczema, depression
  - Illness (sore throat, cough, diarrhea)
  - Injury
- Medication management
- Sports and Routine Physicals
- Reproductive and Sexual Health
- PrEP
- Gender Affirming Care

# Counseling & Psychological Services



Confidential and at no cost for ALL students



2nd floor of the Health and Athletic Center



Open M-F 8a-4:30p. Call (209) 228-4266



Psychologists, Counselors and Trainees





COUNSELING & PSYCHOLOGICAL SERVICES

# Before You Arrive



[ACCESS@UCMERCED.EDU](mailto:ACCESS@UCMERCED.EDU)



## COUNSELING & PSYCHOLOGICAL SERVICES

# Types of Services

- In person or telehealth appointments
- Individual counseling+
- Couples counseling (both participants registered at UCM)
- Crisis evaluations
- Groups
  - Anxiety toolbox, Graduate Student Support Group, Art Therapy
- Workshops
  - Stress management, Attention & Focus, Communication Styles, Anxiety, Developing a Schedule
- Consultations

## COUNSELING & PSYCHOLOGICAL SERVICES

# Other Resources



**LIVE HEALTH ONLINE:**  
(free for those with UC SHIP)



**BLACK GIRL DOCTOR:**  
(90-minute virtual coaching sessions, free for all students)



**CALM MEDITATION APP:**  
use UCM email address (free for all students)



**PROTOCOL, INC:**  
(After hours crisis support)

## Student Health Services



(209) 228-2273



Health & Athletic Center, 2nd Floor



[health.ucmerced.edu](http://health.ucmerced.edu)



@ucmstudenthealth



## Counseling & Psychological Services



(209) 228-4266



Health & Athletic Center, 2nd Floor



[counseling.ucmerced.edu](http://counseling.ucmerced.edu)



@ucmercedcaps



## Student Health Insurance Plan



(209) 228-4876



Gallo Rec & Wellness, 2nd Floor



[health.ucmerced.edu/insurance](http://health.ucmerced.edu/insurance)



@ucmstudentinsurance



# Thank You

