WARNING SIGNS of Distress

While many students recognize the warning signs and seek help on their own, families can make a difference by being aware of distress indicators, including:

- Deterioration of personal hygiene
- Unsettling changes in behavior
- Angry or threatening outbursts
- Talk of suicide
- Incoherence
- Evidence of drug or alcohol abuse
- Paranoia
- Anxiety, nervousness and agitation
- Forgetfulness and difficulty concentrating
- Low energy level and continuous sadness
- Irritability and low tolerance of frustration
- Insomnia
- Extreme weight gain or loss
- Excessive procrastination and poor work habits
- Extreme dependency on one person

Counseling Center

Provides personal, confidential, crisis intervention and workshops, and offers individual and group counseling by clinical and counseling psychologists and doctoral interns.

If you believe a student would be helped by therapy and support, a good way to suggest a counseling visit is to simply listen, express concern and recommend a Counseling Center appointment.

www.counseling.uci.edu

Student Health Center

One of the most comprehensive UC student health facilities. Students may use an on-line appointment system, on-site pharmacy and x-ray services. The center also features an on-site lab and vision center. Its specialties include dermatology, sports medicine, internal medicine and gynecology.

www.shc.uci.edu

Health Education Center

Helps students secure good habits and a healthy lifestyle through education and support.

A wide range of programs, services and information is available from smoking cessation to substance abuse, eating disorders and more.

www.healtheducation.uci.edu
Students at academically competitive universities like UC Irvine commonly experience stress in the transition to college life.

While most students adjust well to the change, some may become depressed, anxious, experience eating disorders or abuse alcohol and drugs.

All of these problems can interfere with academic performance and seriously threaten student health.

Parents and families can help students restore balance and emotional wellness by being aware of and suggesting options for support and services at UCI.

**Safety**

**Medical or police emergency**
CALL 911
UCI Police will dispatch help to you.

**Safety questions, or to report a crime**
UCI Police Department
(949) 824-5223 (non-emergency)
UCI Police Department
100 Public Services Building
www.police.uci.edu

**Dusk to dawn safety escorts**
CSO Safety Escort Program
(949) 824-SAFE (824-7233)
UCI Police Department
100 Public Services Building
www.police.uci.edu/services

**Mental & Physical Wellness**

**Questions on health topics, nutrition, birth control, or alcohol and other drugs**

**Health Education**
(949) 824-WELL (824-9355)
G319 Student Center
www.healtheducation.uci.edu

**Health concerns, sickness, dental or eye care, or questions about undergrad or graduate health insurance (USHIP or GSHIP)**

**Student Health Center**
(949) 824-5301
501 Student Health
www.shc.uci.edu

**Crisis & Stress**

**Crisis response help, information, referral on sexual assault issues**

**Campus Assault Resources & Education (CARE)**
(949) 824-7273
630 Aldrich Hall
www.care.uci.edu

**Feelings of anxiousness, depression, stress**

**Counseling Center**
(949) 824-6457
203 Student Services I
www.counseling.uci.edu

**Dispute Resolution**

**Help solving a problem**

**Office of the Ombudsman**
(949) 824-7256
205 Multipurpose Science and Technology Building
www.ombuds.uci.edu

**Help Central Line**

**Don't know where to go for help, want to get connected to resources or help someone find the right services?**

**Help Central Line**
(949) 824-0440
8 a.m.-5 p.m., M-F
www.helpcentral.uci.edu
helpline@uci.edu