

KEEPING THE BALANCE

A Resource Guide for Well-Being for Graduate Students and Postdoctoral Scholars





WELCOME TO THE UNIVERSITY OF CALIFORNIA, IRVINE

The issues addressed in this brochure may or may not affect your life as a graduate/professional school student or postdoctoral scholar. By becoming aware of the issues that commonly affect graduate/professional school students and postdoctoral scholars, you will be better able to recognize them and respond to them in a way that works for you. The specific areas covered in this brochure include:

- Life in a Community of Scholars
- Self-Care Fundamentals
- Online Mental Health Information and Screening Programs
- Mental Health Resources for Graduate and Professional Students
- LGBTQIA Students
- International Students
- Students with Disabilities
- Diversity Students
- Parenting as a Student Scholar
- Veteran Services
- Urgent Care or Emergencies
- Hospitals and Clinics
- Crisis Lines and Resources

We encourage all graduate/professional school students and postdoctoral scholars to take care of yourselves during your academic pursuits. Use the full range of resources available to you to maximize your time at UC Irvine.



LIFE IN A COMMUNITY OF SCHOLARS

Life is full of opportunities and challenges that call for adaptive and flexible coping skills. Some of these challenges include:

Academic challenges	Performing research, teaching, presenting findings, and working on publications are all high stress events.
Adapting to a new environment	Learning how to navigate the UC Irvine campus as well as the southern California environment. For international students, being in the U.S. poses challenges related to language and culture that are unfamiliar.
Creating new mentoring relationships	It is important to develop mentoring relationships with faculty. Mentors can support you through the rigors of the academic journey.
Setting boundaries	Learning how to set limits and how to negotiate responsibilities are among the challenges of academic life.
Expanding career paths	Some graduate and professional school students struggle with exploring alternative career paths.
Managing multiple roles	Identifying priorities and managing stress and time are critical skills to acquire. You may become a parent, a family member could require additional care, or you may sometimes feel there's not enough time.

SELF-CARE FUNDAMENTALS

KEEP YOUR LIFE IN BALANCE

Review basic self-care practices and UCI resources to help manage stress more effectively:



In Balance	Resource	Out of Balance
<p>A Healthy Diet Eat regular, well-balanced meals, limit caffeine & alcohol.</p> <p>Good Sleep Habits Get at least six hours of sleep a night, maintain a regular sleep routine.</p> <p>Regular Exercise Find physical activities you enjoy, commit to an exercise schedule.</p> <p>Time for Play & Relaxation Build breaks into your daily schedule, learn and use healthy relaxation strategies.</p>	<p>Campus Recreation has an array of individual and group sports and fitness options at the Anteater Recreation Center (ARC) as well as other activities where you can connect with fellow students. Visit www.campusrec.uci.edu</p> <p>Center for Student Wellness & Health Promotion offers resources, group workshops, and consultations around health issues such as sexual health, alcohol and drugs, tobacco use, stress management, and nutrition. Visit www.studentwellness.uci.edu or call 949.824.9355</p> <p>SOAR Food Pantry is a student -initiated service for UCI students who need emergency access to food supplies. Visit www.soar.uci.edu/food-pantry.</p>	<p>Increased Physical Problems Difficulty sleeping, eating, headaches, stomach pain.</p> <p>Increased alcohol use or drug use</p>
<p>Set Goals for Yourself Set precise goals, including dates, times and amounts to measure success. Use the Individual Development Plan (IDP) to guide your progress.</p>	<p>Graduate Division serves as a liaison for students and academic units. Graduate Division also provides a Graduate Counselor for ongoing support and follow-up. For more information, visit www.grad.uci.edu</p> <p>Graduate Advisor</p>	<p>Academic Difficulty Loss of motivation, difficulty concentrating on academic work, problems with finishing tasks, multiple class absences, failing classes, not meeting research expectations.</p>
<p>Get Connected to Others Build relationships with others outside your discipline through team sports, clubs, and religious/spiritual groups, or groups that hold similar identities to your own for support and community (ex. LGBTQIA, ethnic, cultural, and other).</p>	<p>Student Life and Leadership maintains departments that focus on identities and diversity and hosts a search engine to help you find organizations. Visit: www.studentlife.uci.edu</p>	<p>Exaggerated Emotional Responses</p> <p>Disruptive Behavior</p> <p>Persistent Depression</p> <p>Anxiety, Irritability</p> <p>Isolation</p>

ONLINE MENTAL HEALTH INFORMATION & SCREENING PROGRAMS



Counseling Center Village

The Counseling Center Village offers online information on a wide range of mental health issues from "Anxiety: How to Cope with It" to "Writing: Dissertation Tips." Visit ccvillage.buffalo.edu.

ULifeLine

ULifeLine is an anonymous online mental health resource that provides self-assessment tools and fact sheets on mental health. These fact sheets include a wide range of topics including: "52 Proven Stress Reducers" and "How to Get A Good Night's Sleep" to "Suicide and Depression" and "Schizophrenia: What You Need to Know." Visit www.ulifeline.org.

Online Mental Health Screening

The Online Mental Health Screening Program provides free, anonymous screenings for depression, anxiety problems, eating disorders, and alcohol problems. These screening tools can help you decide if meeting with a therapist might be helpful. Access these tools through the UC Irvine Counseling Center website: www.counseling.uci.edu and select "Resources."

While online screenings and readings can provide important information, sometimes the appropriate course of action is meeting with a mental health professional.

MENTAL HEALTH RESOURCES FOR GRADUATE AND PROFESSIONAL SCHOOL STUDENTS

Whether you have an urgent need for help or simply want to prevent stress from overwhelming you, there are campus resources to assist you.

The Counseling Center is the point of entry for a broad range of mental health services for graduate or professional school students. Free, confidential services are offered to currently enrolled students who paid registration fees. These services include individual, couples, family, and group counseling. The Counseling Center provides urgent care, crisis response, consultation around helping emotionally distressed students, and outreach workshops and training for the university community. For a current schedule of groups and workshops please visit the Counseling Center website.

Counseling Center: www.counseling.uci.edu 949.824.6457

Student Services I, Room 203; Hours: M – F, 8AM – 5PM

After-hours Urgent Care: Call 911 or the Campus Police at 949.824.5222

The Graduate Division Counselor provides support and referral services to graduate students and post-doctoral scholars. The counselor supports the academic process for those experiencing personal or academic difficulty. If you need help managing your time, communicating effectively with faculty, or if you feel stressed, the Graduate Division Counselor can provide helpful referrals to campus and community resources.

Call 949.824.4611 for an appointment

Location: Aldrich Hall, Room 120

Campus Assault Resources and Education (CARE) offers confidential services related to sexual assault, relationship abuse, and stalking FREE of charge to all students. Services include consultation about options, advocacy, accompaniment, group counseling, yoga programs for survivors, community resource referrals, and training programs for students, staff and faculty.

CARE: www.care.uci.edu 949.824.7273

G320 Student Center; Hours: M – F, 8AM – 5 PM

Student Health Insurance Plan (SHIP) All graduate and professional school students are enrolled in the University's Student Health Insurance Plan (SHIP) unless they waive out of the plan. This plan is administered by the Student Health Center (SHC), SHIP insurance provides access to many providers of confidential mental health services in the Southern California region including psychiatric services at the Student Health Center. Co-pays are required for visits at SHC or with providers in the community. More information about SHIP, waiver deadlines and the mental health services available at Student Health Center can be found online.

Student Health Center: www.shs.uci.edu 949.824.5301

Hours: M – F, 8AM – 5PM

MENTAL HEALTH AND ACADEMIC RESOURCES FOR PROFESSIONAL STUDENTS



Medical Students:

There are special resources in the UC Irvine School of Medicine that can be helpful to Medical Students in balancing their many demands.

Designated Psychiatrist

In addition to mental health services in the Counseling Center and through SHIP or private insurance, there is a designated psychiatrist for Medical Students located on the School of Medicine campus. Medical Students are eligible for 3 visits per year, after which they can use their health insurance for additional care. Contact Dr. Hurria at ahurria@uci.edu.

Tutor and Learning Skills

The Academic Skills Office in the School of Medicine provides Medical Students assistance with study and learning skills, time management, test-taking strategies, tutoring resources, and coordinates peer support. Contact Geraldine Codd, Learning Skills Coordinator, at 949.824.3415 or gcodd@uci.edu.

Other Student Support Services

For questions related to other Medical Student support services, contact Melanie Ley, Student Affairs Officer, at 949.824.5932 or mley@hs.uci.edu

Graduate Students and Postdocs in the School of Medicine:

Graduate Students and Postdocs in the School of Medicine should contact Leora Fellus, Director of Graduate Studies, School of Medicine at 949.824.1028 or lfellus@hs.uci.edu for additional assistance.

Law Students

The Office of Student Services represents a safe space for students in the School of Law, and provides services and resources for a variety of student needs, including mental health. Please visit www.law.uci.edu/campus-life or email studentlife@law.uci.edu for more information.

LGBTQIA STUDENTS



Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning graduate, professional school students and postdocs may have additional challenges when starting their programs at UC Irvine. Moving to a new location might mean leaving a well-established community and having to learn about all new LGBTQ resources, finding places to socialize, and building a support community. There are many campus and community resources to help you with your adjustment to campus.

Campus Resources

The LGBT Resource Center (located in G301 Student Center) is dedicated to providing a safe and welcoming environment for the diverse lesbian, gay, bisexual, transgender, queer, questioning, intersex, and ally communities. For more information, visit www.lgbtrc.uci.edu or call 949.824.3277.

The Counseling Center serves LGBTQ students with general mental health services and also offers two target programs: The LGBTQ Graduate Psychotherapy Groups and the LGBT Mentor/Mentee Program. For more information, visit www.counseling.uci.edu or call 949.824.6457.

Gender Neutral Bathrooms are located throughout campus and available for use by everyone. Visit <https://lgbtrc.uci.edu/campus-support-tab/gender-inclusive-restrooms.php>

Queer Graduate Caucus sponsors social events, lectures, discussion groups, and political activism and provides information about the campus and community resources in the Orange County area. To join the listserv, visit "Queer Graduate Caucus" on Facebook.

"Preferred name" option If your legal name does not match your gender identity/expression or if your legal name is simply not your commonly preferred name, you may change it. This preferred name can be applied to your UCI identification card. Go to the Registrar www.reg.uci.edu/request/preferredname

Online and Off-Campus Resources

The University of California Lesbian Gay Bisexual Transgender Intersex Association (UCLGBTIA):
www.uclgbtia.org

The Center-Orange County (LGBT Community Center):
www.thecenteroc.org or 714.953.5428

INTERNATIONAL STUDENTS

Leaving home to study in the U.S. presents an opportunity to learn and share different social, cultural, and academic pursuits. Being an international student can also be a difficult experience in a number of ways. Issues with separation or distance from family and friends, language, immigration, funding, and cultural adjustment can sometimes feel overwhelming. To maintain academic and personal well-being, a number of resources are available for international students.

Graduate InterConnect Program

Graduate Division provides the **Graduate InterConnect Program** to ensure international graduate students receive the guidance and resources they need. This includes pre-arrival and post-arrival support. Peer mentors provide communications and support during the transition to campus. The **International Graduate Welcome and Orientation** provides specialized resources for incoming international graduate students. For more information, visit www.grad.uci.edu, call 949.824.9295, or email gradinterconnect@uci.edu.

International Center

The **International Center** provides student–visa advice, advice on employment options and other rights and responsibilities of your visa status. The International Center coordinates programs, activities, and resources for your studies at UCI. For more information about these programs and others, visit www.ic.uci.edu. If you have any questions, email internationalcenter@uci.edu or 949.824.7249. The International Center is located in room G302 of the UCI Student Center.

Counseling Center

The Counseling Center provides free, confidential psychological services to enrolled international students. The Counseling Center employs staff that are bilingual and multiculturally competent. Among the services offered is **The International Coffee Hour**. This weekly group provides a friendly space for international students for conversation and refreshments. New members are always welcome. For more information, visit www.counseling.uci.edu or call 949.824.6457.

STUDENTS WITH DISABILITIES

Disabilities transcend all lines of gender, race, culture, age, and sexual orientation. Frequently, there are social, educational, and physical access issues that impact students with disabilities at UC Irvine.

Campus Resources

The Disability Services Center (DSC) is located in building 313 on the UCI Map. The mission of DSC is to empower students to reach their potential in every aspect of their lives by moving beyond success to significance through education, service, and support. DSC also provides accommodations for temporary disabilities.

DSC hours: Monday – Friday 8:00AM – 4:30PM for appointments
Test/exam proctoring: Monday – Thursday 8:00AM – 10:00PM
Friday 8:00AM – 7:00PM

To register for services visit www.disability.uci.edu and use the APPLY for Services link. DSC will contact you within a few days to schedule a meeting with a disability specialist that is convenient for you. To speak with someone immediately, call 949.824.7494.

Ring Road Rides is a golf cart transportation program for students with permanent or temporary disabilities. Use the APPLY for Services link at www.disability.uci.edu to request temporary Ring Road transportation.

DSC provides resources for Faculty and Teaching Assistants concerning teaching individuals with disabilities that may be found at www.disability.uci.edu/instructor_resources/.

The Graduate Division serves as a liaison between students with disabilities and academic units. The Graduate Division Counselor provides ongoing support and follow-up. For more information, visit www.grad.uci.edu or call 949.824.4611.

Online Resources

Washington University: DO-IT: www.washington.edu/doi/Resources

Virtual pamphlets, University of Chicago, for Students with Disabilities: <https://wellnes.uchicago.edu/page/health-information>

National Organization on Disability: www.nod.org

DIVERSITY STUDENTS

Building community within your program, on campus, and in the community can be vital to your success.



Campus Resources

Graduate Division runs diversity programs for graduate students and can provide information about opportunities to participate in diversity initiatives at UC Irvine. For more information about diversity fellowships, the DECADE Program, or other peer mentorship opportunities, visit www.grad.uci.edu or call 949.824.4611.

DECADE (Diverse Educational Community and Doctoral Experience) aims to increase the number of minorities and women underrepresented in their disciplines receiving doctoral degrees at UC Irvine. Visit www.grad.uci.edu/about-us/diversity/decade.

DECADE Faculty Mentors serve as a resource for faculty and students to nurture a positive climate within their academic programs. DECADE Faculty Mentors collaborate with the ADVANCE Equity Advisors to develop best practices for fostering an inclusive climate for all graduate students www.advance.uci.edu/DECADEmentors.

The Counseling Center is committed to diversity in its staffing, programming, and training and offers support groups to connect with others based on background, find mentors, and to become part of a community.

For more information, visit www.counseling.uci.edu or call 949. 824.6457.

The Cross-Cultural Center (CCC) provides a network of support services promoting the personal, social, cultural, and academic well-being of UC Irvine's ethnic and culturally diverse student body. Visit www.ccc.uci.edu or call 949.824.7215.

The Chicano/Latino Graduate Student Collective is a campus-based group for Chicana(o) and Latina(o) graduate students across all disciplines. For more information, visit www.campusorgs.uci.edu.

The Dreamers' Resource Office is dedicated to serving the AB540 and undocumented student population through advocacy, guidance, and support. The programs and services are designed for students to achieve academic, personal, and professional excellence. Visit <http://dreamers.uci.edu/> or call 949.824.6390. Located in the SOAR Center - 106 Gateway Study Center.

DIVERSITY STUDENTS

Online and Off-Campus Resources

The University of California and the **UC Office of the President (UCOP)** have online resources regarding diversity at the University of California. Visit www.universityofcalifornia.edu/diversity/.

Numerous online resources exist for diversity students. The following are only a few examples:

Orange County Black Chamber of Commerce:
www.ocblackchamber.com, 714.547.2646

National Association for the Advancement of Colored People
(Orange County chapter): www.naacp.org, 714.543.3637

Association of Scholars and Professors of Iranian Heritage:
www.apsih.org, 909.869.2569

The American Indian Graduate Center:
www.aigcs.org, 1.800.628.1920

National Council of La Raza:
www.nclr.org, 213.489.3428

Society for the Advancement of Chicanos and Native Americans in Science:
www.sacnas.org, 1.877.722.6271

National Association of Asian American Professionals:
www.naaap.org, 404.409.2471

PARENTING AS A STUDENT SCHOLAR



Being a parent while being a postdoc or attending graduate/professional school poses unique challenges.

Campus Resources

Graduate Division has information regarding the policies related to your experience at UC Irvine. This includes information about parental leave options for graduate student researchers/teaching assistants and childcare stipends for teaching assistants. The Graduate Division website provides a number of resources to support parents, including financial support, childcare, and employment. For more information, visit www.grad.uci.edu or call 949.824.4611.

The **Counseling Center** offers individual counseling and group counseling services to provide support to women and men in graduate and professional schools. Groups such as the Graduate Women's Therapy Group and the Men's Group address the challenges of juggling multiple important roles. For more information, visit www.studentwellness.uci.edu or call 949.824.6457.

Lactation Stations are available on campus. For more information, visit www.studentwellness.uci.edu/services/lactation-station

Childcare Services offers students six options for childcare ranging from an Infant Toddler Center to a Montessori school. Many of the programs offer subsidized rates for UC Irvine students. For more information, visit www.childcare.uci.edu or call 949.824.2100.

Online and Off-Campus Resources

Families Forward is an organization dedicated to helping families in financial or emotional crisis to be successful and self-sufficient. For more information, visit www.families-forward.org or call 949.552.2727.

Sitter City is an organization that helps parents find qualified babysitters through a screening process. Local sitters are available. For more information, visit www.sittercity.com.

The Child Care Coordination Office for the City of Irvine provides a variety of services designed to enhance and maintain the quality of childcare in the community including individuals, agencies, and businesses. For more information, visit: www.cityofirvine.org/child-care-development.

VETERAN SERVICES

Veterans, reservists, active-duty members, and military dependents bring unique experiences to our campus. UCI offers a Housing Guarantee and Priority Registration for all veterans, reservists, and active duty service members no matter how long ago they served.

Campus Resources

UCI Veteran Services (located in G304 Student Center) provides a welcoming environment for veterans, reservists, and their dependents. The center submits entitlement requests for new and continuing students, answers any questions concerning educational benefits, and provides resources to assist veterans in navigating their transition to civilian and student life. For more information, visit www.veteran.uci.edu or call 949.824.3500.

The **UCI VSO Mentorship Program** helps student veterans assimilate into the academic environment by providing a faculty or staff mentor to guide their journey and help the student establish a personal connection in the university. To find or become a mentor visit www.veteran.uci.edu/mentorprogram.

Online and Off-Campus Resources

Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

- Call **1-800-273-8255** and **Press 1**
- Send a text message to **838255**
- Chat online
- For more information, visit www.veteranscrisisline.net

Student Veterans of America provides military veterans with the resources, scholarships, support, and advocacy needed to succeed in higher education and following graduation. For more information visit www.studentveterans.org.



FOR URGENT CARE OR EMERGENCIES



Examples of emergencies include, but are not limited to the following:

- If you are thinking about harming yourself or others
- If you feel unable to function
- If you are seriously concerned about your welfare or safety
- If you have experienced a traumatic event

Urgent Medical Health Issues

An urgent care therapist with the **Counseling Center** is available to assist you (Monday – Friday, 8AM – 5PM).

- Call 949.824.6457
- Come to the Counseling Center (203 Student Services I) and ask to be seen

For urgent matters when the **Counseling Center is closed**, after-hours assistance is available by calling 949.824.6457 and selecting option 2.

In Case of an Emergency:

- **Dial 911**
- **For on-campus non-emergencies**, call the UC Irvine Police Department at 949.824.5223.
- Call the **National Suicide Prevention Lifeline** (24 hours a day, 7 days a week) at 1.800.273.TALK or 1.800.273.8255.

If you have experienced sexual assault, dating/domestic violence, or stalking, you may contact **Campus Assault Resources and Education (CARE)** at 949.824.7273 or visit www.care.uci.edu to access advocacy services or discuss your options confidentially.

To report an incident, contact the **UCI Police Department** at 949.824.5223 or the **Office of Equal Opportunity and Diversity** at 949.824.5594.

**IF THE EMERGENCY IS LIFE THREATENING, CALL 911
OR GO TO YOUR NEAREST HOSPITAL EMERGENCY ROOM**

HOSPITALS AND CLINICS

UC SHIP insurance utilizes the Anthem Blue Cross PPO network of providers and facilities. Your out-of-pocket expenses will be minimized if you use Anthem Blue Cross PPO providers and facilities.

LOCAL HOSPITALS: Emergency rooms are open every day, 24 hours

HOAG HOSPITAL IRVINE

Hours: 24/7

16200 Sand Canyon Ave., Irvine, CA

949.764.4624

KAISER – IRVINE MEDICAL CENTER

Hours: 24/7

6640 Alton Parkway; Irvine, CA

949.932.5000

HOAG HOSPITAL

Hours: 24/7

1 Hoag Drive; Newport Beach, CA

949.746.4624

UC IRVINE MEDICAL CENTER (UCIMC)

Hours: 24/7

101 City Drive South; Orange, CA

714.456.7890



HOSPITALS AND CLINICS

URGENT CARE CENTERS: Most urgent care centers are open into the evening, but closed for the night. Call the center to confirm hours of operation.

WOODBRIIDGE WALK – IN CLINIC

Hours: 8AM – 8PM Monday – Friday

8AM – 5PM Saturday/Sunday

4950 Barranca Parkway, Irvine, CA 92604

949.265.0442

NEWPORT URGENT CARE CENTER

Hours: 8AM – 8:30PM Monday – Friday, 8AM – 7:30PM Saturday/Sunday

1000 Bristol St. No., Suite 1B; Newport Beach, CA 92660

949.752.6300

COSTA MESA URGENT CARE

Hours: 8AM – 8PM Monday – Friday

1190 Baker St, Suite 100, Costa Mesa, CA 92626

714.316.7826

MARQUE URGENT CARE

Hours: 8AM – 8PM Monday – Friday/9AM – 5PM Saturday and Sunday

2075 San Joaquin Hills Road; Newport Beach, CA 92660

949.760.9222



For a complete listing of nearby urgent care centers that are contracted with Anthem Blue Cross, please visit www.shc.uci.edu or www.ucop.edu/ucship. If you have SHIP insurance and you visit an Emergency Room or Urgent Care Center, contact the Insurance Services Office at the Student Health Center at 949.824.2388 to coordinate your follow-up care.



CRISIS LINES AND RESOURCES

UC Irvine Police Department

www.police.uci.edu

Emergency

Dial 911

Non-Emergency

949.824.5223

Crime Prevention

949.824.7181

Lost & Found

949.824.1885

Safety Escorts

949.824.SAFE

Emergency Shelters Hotlines

Human Options

877.854.3594

Interval House

714.891.8121

Laura's House

866.498.1511

Women's Transitional Living Center

714.992.1931

Suicide Prevention

National Suicide Prevention Lifeline

800.273.8255

National Hopeline Network

800.784.2433

The Trevor Project (LGBTQ)

866.488.7386

Domestic Violence

Domestic Violence Assistance

714.935.7956

Victim/Witness Assistance

Domestic Violence

714.834.4317

Sexual Assault

Sexual Assault Crisis Hotline

(24 hours)

949.831.9110

More off-campus resources can be found on the Campus Social Worker website at:

www.chs.uci.edu/csw/off-campus_resources.html



Graduate Division

120 Aldrich Hall Irvine, CA 92697-3180

949.824.4611

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