

GRADUATE STUDENT

WELLNESS RESOURCE GUIDE

This wellness guide was created for graduate students as a resource during the COVID-19 pandemic.

GENERAL COUNSELING

1. UCSB Caps

- **Services:** Psychologists available through telehealth (note: wait time is currently about 4+ weeks).
- **Call:** (805) 893-4411

2. UCSB Mental Health Peers

- **Services:** Tools on website on dealing with stress and anxiety, mindfulness & sleep tips.
- **Website:** <https://www.ucsbmhp.com>

3. UCSB Lean on Me

- **Services:** Peer-to-peer text lines that allow for easy access to confidential non-crisis support.
- **Text Only:** (805) 874-5888

4. Hosford Clinic

- **Location:** Education Building #275, Room #1151, Santa Barbara, CA 93106-9490
- **Services:** PhD psychology students, services on a sliding scale.
- **Call:** 805-893-8064

5. Acacia Counseling and Wellness

- **Location:** 948 Embarcadero del Norte | 102 Isla Vista, CA 93117 and 281 Magnolia Ave | Floor 2 Goleta, CA 93117
- **Services:** Provides a safe, supportive space in which they receive quality mental health care on a sliding scale.
- **Call:** 805-699-6668

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6. Emotional Listening Support

- **Services:** Emotional listening helpline will put you in touch with a volunteer, who will listen confidentially and without judgment to your concerns.
- **Call:** 1-800-932-461

7. Trevor Project

- **Services:** Provides support regarding crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.
- **Call:** 1-866-488 7386

SEXUAL & RELATIONSHIP HEALTH:

1. Please Prep Me

- **Services:** Information on PEP & PrEP, assistance finding a provider.
- **Website:** <https://www.pleaseprepme.org/>

2. UCSB Resource Center for Sexual and Gender Diversity (RCSGD)

- **Services:** Safe & supportive staff that works to ensure that LGBTQ identities, experiences and concerns are represented & addressed, specific resources for LGBTQ folks.
- **Website:** <http://rcsgd.sa.ucsb.edu>
Staff available by email for video or phone calls (listed on website)

3. Planned Parenthood

- **Services:** Has a "Chat-Now" function to speak directly to a professional with any questions regarding sexual and reproductive health.
- **Website:** www.plannedparenthood.org/online-tools/chat
- **Text:** Message "PPNOW" to 774636



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4. Bedsider

- **Services:** Free birth control support network. Has access to professional doctors to help find a birth control method for your lifestyle.

- **Website:** www.bedsider.org/

5. Pacific Pride Foundation

- **Services:** Services and activities that supports the needs of Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ+) individuals of every race, gender, age, sexuality, religion and socio-economic status.

- **Location:** 608 Anacapa St, Santa Barbara, CA 93101

- **Website:** <https://pacificpridefoundation.org>

6. Exhale Hotline

- **Services:** Hotline support for those need support when going through or considering abortion.

- **Call:** 866-4-EXHALE

- **Text:** 617-749-2948

BASIC NEEDS:

1. UCSB Associated Students Food Bank

- **Location:** UCSB UCen, Second Floor

- **Services:** Grocery bag of essential foods, pick-up on Wed & Fri.

- **Website:** <https://foodbank.as.ucsb.edu/>

- **Call:** 805-893-3427

- **Email:** ucsbasfoodbank@as.ucsb.edu

2. Santa Barbara County Food Banks

- **Services:** Free food available for pick-up at multiple locations.

- **Website:** <https://foodbanksbc.org>

3. Financial Assistance

- **Website:** <http://food.ucsb.edu/resources/housing/financial-assistance>

4. Emergency & Transitional Housing

<http://food.ucsb.edu/resources/housing/emergency-transitional-housing>



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PHYSICAL HEALTH & WELLBEING:

1. Isla Vista Neighborhood Clinic

- **Services:** In-person visits available and telehealth, psychiatrist available to see patients.
- **Location:** 970 Embarcadero del Mar, Goleta, CA 93117
- **Call:** 805-968-1511

2. Goleta Neighborhood Clinic

- **Services:** In-person visits available and telehealth, psychiatrist available to see patients.
- **Location:** 5580 Calle Real, Goleta CA 93117
- **Call:** 844-594-0343

3. Health and Wellness

- **Services:** Free meditation, positive psychology, food, nutrition & basic skills workshops.

- **Website:**

<http://wellness.ucsb.edu/sexualhealth>

4. UCSB Student Health Service

- **Services:** 24 hour Advice Nurse Hotline (805-893-7129), telehealth services, in-person services (by appointment).

- **Website:**

<https://studenthealth.sa.ucsb.edu>

- **Call:** 805-893-3371

5. Shoreline Free Recreational Center Classes

- **Services:** Services: Free exercise classes available for UCSB students.

- **Website:** <https://recreation.ucsb.edu/classes-events/gaicho-rec>

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CRISIS LINES:

1. National Suicide Hotline

- **Services:** Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- **Call:** 1-800-273-8255

2. National Sexual Assault Hotline

- **Services:** 24/7 confidential hotline for issues pertaining to sexual violence.
- **Website:** <https://www.rainn.org>
- **Call:** 1-800-656-4673

3. Crisis Text Line

- Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. Counselors answer texts regarding COVID-19, stress, anxiety, emotional abuse, depression, and school.
- **Text Only:** 741741

4. 211 Hotline

- **Services:** Speak with a live, trained professional for support in crisis such as COVID-19 and other crises. Has information regarding services and resources in your own specific area. Information for those who would like to know what resources are available within their immediate area.
- **Call:** 211

5. National Domestic Violence Hotline

- **Services:** 24/7 confidential line through phone, online chat, and text where advocates can offer resources & support to those experiencing domestic violence and survivors.
- **Website:** <https://www.thehotline.org>
- **Call:** 1-800-799-7233
- **Text:** LOVEIS to 22522

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CONFIDENTIAL RESOURCES:

1. UCSB CARE

- **Services:** Confidential advocacy and support to students, staff and faculty impacted by sexual assault, dating or domestic violence and stalking, 24/7 confidential phoneline.

- **Call:** 805-893-4613

2. UCSB OMBUDS

- **Services:** Provides confidential consultation services to anyone with a campus-related concern; addresses workplace issues, interpersonal conflict, academic concerns, policy questions.

- **Call:** 805-893-3285



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