

Resource Map for Mental Health and Self Care

Counseling and Psychological Services for Students

The Counseling and Psychological Services ([CAPS](#)) at UCSD provides mental health services for undergraduate, graduate, and professional students. This resource provides individual counseling as well as [support groups, workshops, and forums](#). CAPS also provides [referral services](#) for outside care, which may be covered by [student health insurance](#). Students can get [free rides](#) to their medical appointments outside of UCSD. Contact CAPS at: 858-534-3755.

Counseling and Psychological Services for Faculty and Staff

Counseling and psychological services for faculty and staff is available through the Faculty and Staff Assistance Program ([FSAP](#)) for a variety of topics including counseling, [anxiety](#), [grief and loss](#), [substance-abuse](#), dependent care, family issues, conflict resolution and more. UCSD health insurance benefits may cover the costs of [behavioral health services external to UCSD](#). Contact FSAP at 858-534-5523.

Support Resources and Work/Life Balance

Employee [Coping and Support Resources](#) provide support on a variety of topics including

- o [Child](#) and [Elder](#) Care
- o [Pet Care](#)
- o [Disabilities and Rehabilitation](#)
- o [Expectant parents](#)
- o [Work/Life Balance](#)
 - [Family](#)
 - [Health](#)
 - [Culture and Community](#)
- o [Ergonomic Resource Fund](#) for UCSD employees

Mindfulness Meditation

- The [UCSD Center for Mindfulness](#) offers mindfulness training including [free live practice sessions](#) and [free audio recordings](#) of guided meditation practice.
- UCSD offers free access to the Headspace App for [students](#)

Managing Stress and Uncertainty

The Faculty and Staff Assistance Program has a [list of resources](#) for managing stress and uncertainty. In May, there are many [resources and events](#) focused on mental health and wellness.

Recreation

Many recreation resources are available at [UCSD Recreation](#), which has sports and classes as well as access to gyms, courts, pools, [equipment rentals](#), and more. Students can get a free [Rec Activity pass](#) (includes fitness/yoga classes, swimming, etc) each quarter when logged into their UCSD account and staff can purchase discounted memberships [here](#). You can also download the Rec [app!](#)

Connecting With Others

- [Affinity Groups And Activities](#)
- [Campus Community Centers](#)
- [Community Gardens](#)

