

学校:

University of California, Irvine

咨询中心名称:

UCI Counseling Center

校园咨询中心官方网站:

<https://counseling.uci.edu/>

校园**Student Health Center** 网站:

<https://shc.uci.edu/>

咨询中心地址:

203 Student Services 1 Irvine, CA 92697-2200

收费:

基本治疗全部免费，深入治疗会收费但是UCI保险包含

目前**Hours & Services:**

Lobby Hours: 8:00am-4:00pm

Crisis Care (紧急的、有生命危险的需求) available 24/7

联系电话:

949-824-6457

What to expect in counseling

<https://counseling.uci.edu/docs/Get-the-Most-Out-of-Therapy.pdf>

- Sharing with Your Therapist Your Expectations
- Sharing with Your Therapist What Works and What Has Worked for You
- Letting Your Therapist Know When a Therapy Session is Particularly Helpful
- Sharing With Your Therapist Your Concerns
- Asking questions

什么样的帮助适合我？

What Type of Service is Right for Me?

Welcome! The UCI Counseling Center primarily provides **short-term mental health services**. We are here to connect you to services that will best address your concerns, whether or not our services match your needs. Please review these options to assist us in identifying the services that are right for **you**.

We understand that each situation is unique and cannot be fully described in the examples below.

Online Self-Help*

- My schedule does not work with Counseling Center hours and I would like to try self-help first.
- I am not sure if I am ready or want to meet with a therapist yet.

* Online self-help is anonymous

One-Time Visit

- My concern can be addressed in 1 session.
- Prompt support for a non-crisis concern
- I will only be available for a few weeks (e.g., leaving back home for break; graduating from UCI)

Referral and Resource Support

- Referral for mental health services off-campus, for example:
 - Long Term Therapy (e.g., lasting more than a couple of months or meets every week)
 - In person counseling during hours that the Counseling Center is closed
- Obtain help accessing or learning about other campus resources (e.g., food, housing, financial, legal etc.)
- Learn how to take advantage of my insurance coverage for mental health services.

Initial Assessment

An initial appointment where I will meet with a provider for a comprehensive assessment to determine what kind of on-campus or off-campus services are appropriate for me.

Assessment results *may lead* to the following treatment recommendations:

- Group Therapy
- Short-term individual therapy at the Counseling Center to address various concerns (e.g., anxiety, stress, depression, self-esteem issues, relationship concerns, academic difficulties, grief or loss, trouble adjusting to college)
- Referral assistance to off-campus services

Emergency or Crisis Appointment

If any of the following examples below describes your situation today, please ask the front desk staff for an urgent care appointment **today**. A counselor will meet with you as soon as possible, focusing specifically on your most immediate concerns.

Examples of an Emergency:

- I am at immediate risk of taking my own life or hurting someone else.
- I have taken recent steps to end my life.

Examples of a Crisis:

- Suicidal or homicidal thoughts without intent to harm oneself or others.
- Recent sexual assault or other trauma.
- Death of a significant person or companion in your life.
- A personal crisis that needs rapid attention from a mental health professional.

咨询中心服务介绍

01. Short Term Therapy

学校内咨询免费，需本人到场，不限次数，可以提供人治疗(*Individual therapy*), 关系修复(*Relationship therapy*), 群体服务(*Group services*).

*区分undergraduate和graduate, 但是两个网站是完全一样的, 不用刻意区分

<https://counseling.uci.edu/services/short-term.html>



Individual Therapy

There are occasions when a UC Irvine student comes in with an issue that involves their relationship with a spouse/partner.

- Will be assigned to a therapist in the counseling center.
- Appointments are available from 8 AM to 4 PM with each session typically lasting for 45 to 50 minutes.

Relationship Therapy

There are occasions when a UC Irvine student comes in with an issue that involves their relationship with a spouse/partner.

Group Services

Groups can be especially beneficial for students who learn from others or feel lonely, depressed, or anxious, or who are concerned about how they relate to other people.

- Groups meet once weekly for approximately 1-1/2 to 2 hours.
- 最多八人参加



02. Therapy Assisted

Online

Therapy Assisted Online (TAO) self-help can be used when students need support and education for common issues, and to provide professionally guided help when the student's problems require a higher level of care.

- 对于普遍心理问题的自助指导，通过网络教学。网址：

<https://counseling.uci.edu/services/online-mental-health.html>

- 收费： free



03. Live Health Online

UC SHIP has partnered with UCI, Anthem, and LiveHealthOnline (LHO) for online video appointments (telemedicine) with mental health professionals when the UCI Student Health Center is closed or when you're simply away from campus. LHO is available to all UCI registered students.

- LiveHealth Online is available 24/7 including weekends and University holidays.

- 收费：根据保险不同有不同收费选项，收费和报名详情请参照

<https://shc.uci.edu/psychiatry-mental-health-services/livehealth-online-behavioral-health>



04. Peer Programs

LGBTQ Mentoring Program

The mentors aim to support mentees through many facets of LGBTQ identity development

报名方式请参考网页：<https://counseling.uci.edu/peer-programs/lgbtq-mentor.html>

COACH Program

The COACH Program is a motivational program that assists students in accomplishing their academic, social, and personal goals.

The Coaching process involves 3-steps:

- Helping a student assess their needs
- Formulating an individual plan with specific steps, tasks, and timelines
- Monitoring the student's progress until s/he has reached his/her goal
- <https://counseling.uci.edu/peer-programs/coach.html>

Peer Educator Program

As a major component of the Counseling Center's consultation and outreach offerings, the Peer Educator Program provides psychoeducational learning experiences for the UC Irvine student community.

报名请参考网页: <https://counseling.uci.edu/peer-programs/peer-educator.html>



05. Psychiatric Therapy

The Psychiatry & Mental Health Service provides comprehensive emotional, behavioral, and mental health treatment to enable UCI students to achieve academic and mind-body success.

Almost all mental health issues (thoughts, feelings, emotions, behaviors, and habits) can be improved with active effort in ongoing treatment, and the service promotes a stigma-free mental health campus community.

无论是自己需要心理治疗服务，还是朋友需要相关帮助，都可以通过以下这个网址查询到病情的症状和处理办法。

此网站提供多种语言服务。 <https://shc.uci.edu/psychiatry-mental-health-services/mission>



The image shows a screenshot of the UCI Counseling Center website. At the top, the UCI Counseling Center logo is displayed alongside a yellow bird icon. To the right, there are icons for 'MAKE AN APPOINTMENT', 'SECURELY EMAIL YOUR PROVIDER', and 'EMERGENCY ASSISTANCE'. Below the header is a navigation menu with options: Counseling/Clinical Services, Outreach & Consultation, Training Programs, Peer Programs, Resources, About Us, and Contact Us. The main content area features a large image of two women, one with long brown hair and one with curly blonde hair, with the text 'Psychiatric Services' overlaid. Below the image, there is a section titled 'Students with SHIP' and a paragraph of text that is partially obscured.

如果你当时的心里健康程度：

情况不严重

- Student Health Center Psychiatry Service通过UCI Health 网站预约
- 网址<https://counseling.uci.edu/services/psychiatric.html>

情况严重

- Examples: Anxiety Disorders, Attention Deficit Disorders, Bipolar Disorder, Depression, Mood Disorders, Obsessive-Compulsive Disorder, Schizophrenia, Stuttering.
- 转到UCIMC Psychiatry Service, 可以提供住院服务
- 保险可覆盖: Students with UCI SHIP will be referred to the UC Irvine Student Health Center or to other community-based providers under the SHIP plan.

06. Suicide Prevention Training

QPR (Question, Persuade, Refer) Gatekeeper Training.

- 通过一个小时的教学，帮助学生或者员工减小自杀倾向。可以用于自救或者服务社会。
- 完成训练后会颁发时效为三年的证书。
- 无论是个人，还是团体都会收取一定费用。
- 报名表链接：<https://counseling.uci.edu/outreach/suicide-prevention-training.html>