



A GUIDE TO HEALTH AND WELLNESS RESOURCES AT UCSB

Fall 2019

Navigate this guide on tips and resources to maximize your mental, physical, and social health

EXERCISE AND FITNESS

Regular exercise has known benefits such as:

- Reducing stress
- Boosting brain function
- Improving mood
- Improving quality of sleep



TIPS TO INCORPORATE MORE EXERCISE

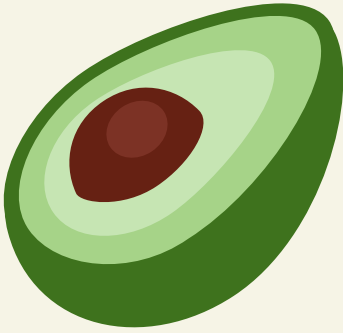
- **Commute by walking or biking**
- **Make study breaks exercise breaks:** Studies show that this helps you be more productive. You can do this by taking a walk, climbing a few flights of stairs, or lifting free weights.
- **Find fun workouts:** Join intramural sports or take fitness classes on campus.

ON CAMPUS RESOURCES

1. **Fit Squad:** 15 minute classes at various locations around campus free for students.
2. **Recreation Fitness + Wellness Programs:** Offers various programs including personal training, massage therapy, etc.
3. **UCSB Recreation Center:** General information on programs and classes

NUTRITION

TIPS TO MAINTAIN PROPER NUTRITION



- Avoid liquid calories
- Use portion control
- Keep nutritious foods and snacks such as fruits, nuts, yogurt, vegetables, and granola readily available
- Switch whole fat choices to low-fat
- Eat meals slowly and at regular times

ON CAMPUS RESOURCES

1. **Associated Students Food Bank:** Provides free food resources and toiletries for students. Located at the 2nd floor of the UCen next to Subway. Open Mon, Wed, Thurs, Fri 9:30AM-6PM (Fall 2019 Hours)

2. **Swipes For Us:** Allows students to donate unused meal swipes to those in need. You can also apply for a meal ticket from the food bank if you do not have a meal plan and can be applied for once a quarter.

3. **Calfresh:** Supplemental nutrition assistance. You may qualify for up to \$193 a month for groceries if you are:

- A U.S. citizen or permanent resident
- 18 years or older and not living with your parents
- Meet at least ONE of the four requirements listed below:
 - Have been awarded work study
 - Work a minimum of 20 hours/week
 - Are apart of EOP/EOPS
 - Receive Cal Grant A or B



4. **Miramar Pantry:** Provides students with free food resources and toiletries. Open Mon, Tues, Thurs 4-7PM in the Sierra Madre Complex (Fall 2019 Hours)

5. **Nutrition Counseling:** Helps students have a healthy relationship with food, learn nutrition facts, and develop a positive body image

6. **Food, Nutrition and Basic Skills Program:** Free workshops that gives students opportunities to practice cooking skills and budget well.

7. **Peer Advisors on Food Security:** UCSB students who can direct you to the available resources for you

OFF CAMPUS RESOURCES

1. **Cafe Picasso:** Free meals at St. Michael's Church, Sunday's at 12:30PM

2. **Food Not Bombs:** An all vegan meal made from ingredients donated from the local farmer's market at Little Acorn Park, Sundays at 5PM

3. **Food Resource Map Link**

MENTAL HEALTH

Whether you are experiencing a mild symptom or have more severe mental health concerns, exploring these resources provided out of the plethora that exist will hopefully help lead you to a happier and healthier college life. In case of an emergency, call 911 or UCSB Campus Police at (805) 893 - 3446.



ON CAMPUS RESOURCES

1. **Counseling and Psychological Services (CAPS):** 24/7 Line: (805) 893 - 4411
Provides services including:

- **Short-Term Individual Counseling:** Free of charge and consists of meeting with a clinician 1-4 sessions every 2-3 weeks with each session lasting 45-50 minutes. A good option for personal concerns such as stress, anxiety, mild to moderate depression, etc. If you decide to pursue this option, you can schedule a Brief Assessment.
- **Single Session Therapy:** Free of charge and consists of a single, goal-oriented session to address a particular concern. If you decide to pursue this option, you can schedule a Brief Assessment.

- **Long-Term Individual Therapy:** Paid with your health insurance. If you have UC SHIP, the first three sessions are free, subsequent sessions have a \$15 co-pay per session. A good option for consistent therapy to address more serious mental health issues. During the Brief Assessment, the clinician will help you find a therapist that specializes in your needs and would be best suited for your preferences.
- **LiveHealth - Teletherapy:** Free of charge for UC Ship insurance holders, other insurance options require a co-pay. Live video sessions with licensed psychologists, therapists, and board-certified psychiatrists.
- **Group Therapy:** Various group workshops on particular topics

3. **Mental Health Peers:** Provides drop-in peer counseling, massage & egg chairs, workshops, and the School Anxiety Program.

4. **Student Mental Health Coordination Services:** A readily accessible single point of contact for individuals concerned about a student in distressed. Located at the SRB Room 2260 (805) 893 - 3030 or (805) 893 - 3446 in an emergency

5. **Campus Advocacy, Resources & Education (CARE):** Provides confidential advocacy and support for those impacted by sexual assault, dating/domestic violence, and stalking. Located at the SRB in the Women's Center and the Gaucho Support Center 970 Embarcadero Del Mar (805) 893 - 4611

6. **Resource Center for Sexual and Gender Diversity (RCSGD):** Provides support and advocacy for LGBTQ students. Located at the 3rd floor of the SRB (805) 893 - 5847

7. **Student Health Social Work:** Provides confidential screenings and consultations that help connect you to mental health professionals outside of student health for long term counseling. (805) 893-3087

8. **Active Minds at UCSB:** Student-run nonprofit organization that creates a space to destigmatize mental health issues.

OFF CAMPUS RESOURCES



- 1. Cottage Hospital Emergency Psychiatric Services:** Give emergency evaluations on “mental health, psychiatric and chemical dependency.” Also provide crisis intervention and emergency consultations. 24/7 evaluation hotline: (805) 569-8339
- 2. Cottage Hospital Inpatient Psychiatric Services:** Voluntary inpatient treatment in order to support in the road to mental health recovery. (805) 569-7253
- 3. Santa Barbara County Dept. of Wellness:** Support those who need consulting/ care, especially those without access to insurance. 24/7 crisis line: (805) 868-1649
- 4. Isla Vista Foot Patrol:** Law enforcement; aids in physical and access to emotional support. (805) 681-4179
- 5. Santa Barbara County Helpline:** Information on a broad variety of topics, one being mental health. Call 211 while in Santa Barbara County
- 6. Santa Barbara County Rape Crisis Center:** Help those suffering from sexual assault recover 24/7 line: (805) 564-3696
- 7. Acacia Counseling & Wellness:** Outpatient mental health services for university communities in Isla Vista.

NATIONAL SUPPORT HOTLINES

- 1. Suicide Prevention Lifeline:** If you are feeling suicidal, please call and they can provide support. 24/7 line: (800) 273-8255
- 2. Trevor Project Lifeline:** If you are feeling suicidal and are LGBTQ+, please call and they can provide support. 24/7 line: (866) 488-7386
- 3. Trans Lifeline:** If you are feeling suicidal and are transgender, please call and they can provide support. 24/7 line: (877) 565-8860

WELLNESS



Wellness is the active process of making choices to live a healthier, happier, and more fulfilling life. Mindfully focusing on wellness helps us build resilience and thrive amidst challenges we face in college and in our lives.

STRESS MANAGEMENT

Stress can manifest in many symptoms including:

PHYSICAL

- Headache
- Muscle Tension
- Chest Pains
- Sleep Problems
- Fatigue

PSYCHOLOGICAL

- Anxiety
- Depression
- Irritability
- Restlessness
- Lack of Motivation
- Difficulty Concentrating

POSITIVE COPING STRATEGIES

- Talking to family/friends/counselor
- Doing some physical activity
- Self-soothing activities (read, bath, hot tea, etc.)
- Stretching/Yoga/Meditation
- Take a break
- Reboot your sleep routine
- Progressive Muscle Relaxation (Link Included)

EXTRA RESOURCES

Stress Management Guide 1
Stress Management Guide 2

ON CAMPUS RESOURCES

1. **A.S. Commission on Student Well Being (COSWB):** Hosts programs focused on preserving student wellbeing including weekly yoga and HIIT training.
2. **UCSB Health and Wellness:** Hosts programs such as Mindful Mondays, Rejuvenation Station, and Meditation