HOW TO GET HELP WHEN THE UCI COUNSELING CENTER IS NOT OPEN
CALL 911 IN AN EMERGENCY

**Undergraduates:** If you become physically ill when the Student Health Center is closed, you should still get some medical help. If your mood becomes very depressed and you are thinking about suicide or feel an urge to take your own life or to harm others, you can get help.

The best and easiest way to get help if you are seriously ill or suffering suicidal or homicidal thoughts is to **call 911**. The dispatcher will talk to you and ask you to tell him/her what is the matter. The dispatcher will make sure that the paramedics get to you and that you will get some medical care.

You may also ask a friend to drive you to a nearby treatment facility or to the emergency room of a local hospital, but, if you are very ill or seriously depressed, you should call 911. The paramedics will know exactly what to do to take care of you. They will take you to a nearby medical facility so that you can get rapid medical care. **Be sure to call the Student Health Center insurance office at 949.824.7748 within 48 hours, so they can advise you about payment for the emergency room medical bills.**

Some local hospitals in the UC Irvine area include:

- **IRVINE REGIONAL HOSPITAL**  OPEN EVERY DAY, ALL DAY & NIGHT
  16200 Sand Canyon at Alton; Irvine, CA  Phone: 949.753.2000

- **HOAG MEMORIAL HOSPITAL**  OPEN EVERY DAY, ALL DAY & NIGHT
  301 Hospital Road; Newport Beach, CA  Phone: 949.645.8600

- **FOUNTAIN VALLEY REGIONAL HOSPITAL**  OPEN EVERY DAY, ALL DAY & NIGHT
  Corner of Euclid and Warner; Fountain Valley, CA  Phone: 714.979.1211

- **WESTERN MEDICAL CENTER HOSPITAL**  OPEN EVERY DAY, ALL DAY & NIGHT
  1001 North Tustin Ave; Santa Ana, CA  Phone: 714.835.3555

- **UCI MEDICAL CENTER (UCIMC)**  OPEN EVERY DAY, ALL DAY & NIGHT
  LEVEL ONE TRAUMA CENTER, 101 City Drive South; Orange, CA  Phone: 714.456.6011

- **KAISER HOSPITAL** (for students with Kaiser insurance)  OPEN EVERY DAY, ALL DAY & NIGHT
  6640 Alton Parkway at Sand Canyon; Irvine, CA  Phone: 949.932.5000

Most walk-in clinics are open into the evening, but close for the night. Call to confirm their open hours. **Some local walk-in medical clinics located near to the UC Irvine campus include:**

- **NEWPORT URGENT CARE**  OPEN 8 A.M. TO 8 P.M. M-F / 9 A.M. TO 5 P.M. SAT & SUN
  1000 Bristol St. No. Ste 1B; Newport Beach, CA  Phone: 949.752.6300

- **WOODBRIDGE WALK-IN CLINIC**  OPEN 8 A.M. TO 8 P.M. EVERY DAY
  4870 Barranca Parkway; Irvine, CA  Phone: 949.857.1248

- **FAMILY CARE CENTER**  OPEN 8 A.M. TO 8 P.M. EVERY DAY
  1313 E. 17th St. and Newport Blvd.; Costa Mesa, CA  Phone: 949.631.8300

- **NATIONAL SUICIDE PREVENTION LIFELINE**  Call: 1.800.273.8255

* If you live out of the UCI area and are an undergraduate who has USHIP, check (http://www.myfirsthealth.com) today, to find emergency treatment facilities in your area, or call 1.800.226.5116.