

## Attention students:

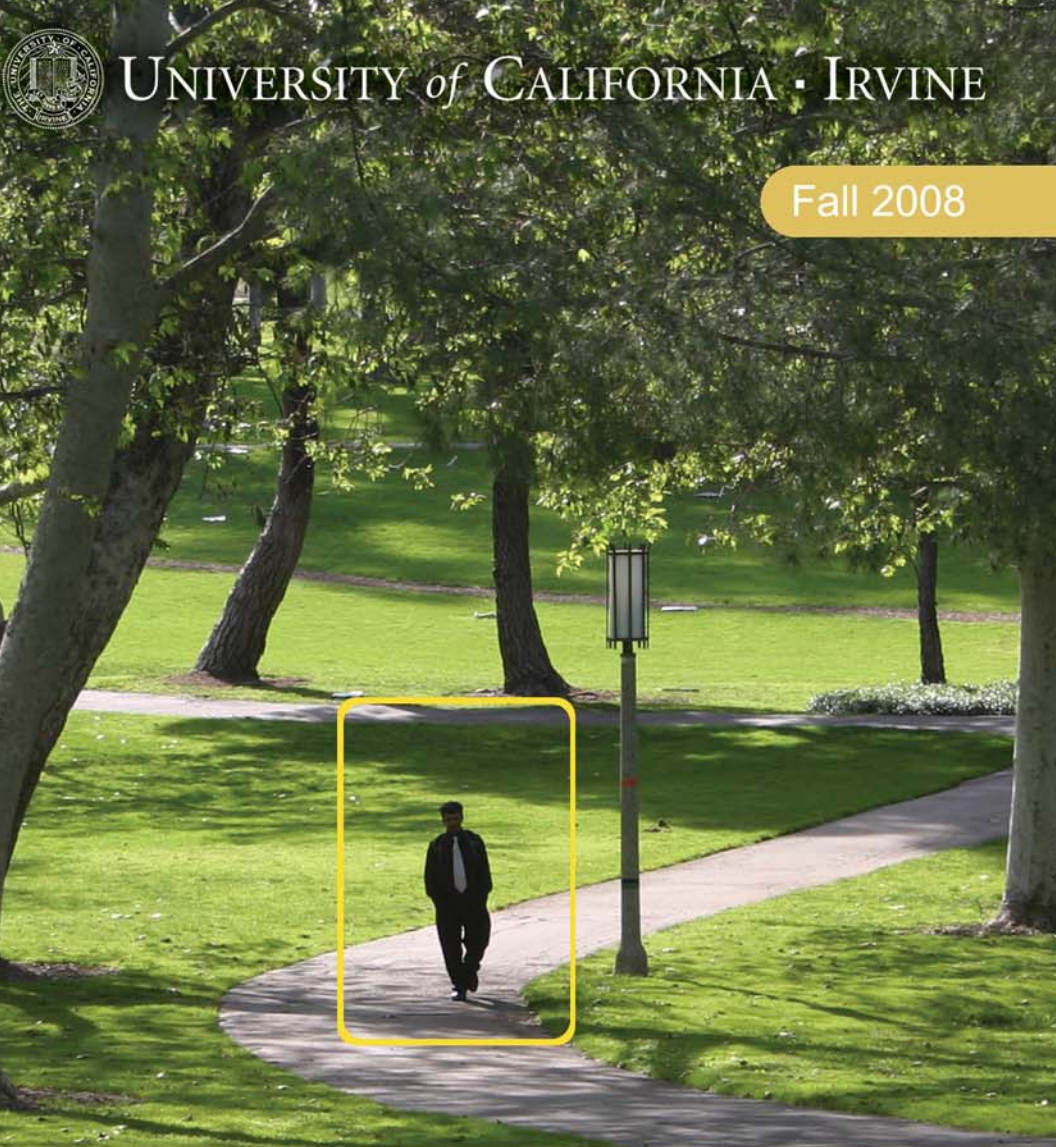
This brochure was created for the 2008-2009 academic year.

All material remains current except for the designated psychologist for the medical students listed on page 5. With Dr. Ross's retirement, we are currently searching for a worthy replacement. In the meantime, medical students can contact the Counseling Center directly at (949) 824-6457. We hope you have an educational and healthy school year



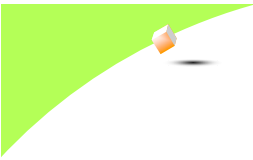
UNIVERSITY of CALIFORNIA · IRVINE

Fall 2008



**UC Irvine Counseling Center**

**Keeping the Balance:  
A Resource Guide for Well-Being  
in Graduate and Professional School**



## Welcome to the University of California, Irvine

We are delighted that you have chosen UC Irvine as the place to share and develop your academic talents and skills, and we wish you great success as you embark upon this wonderful adventure. As with all quests, there are challenges to be faced, and we at the Counseling Center want you to know that we are here to support you along the way. The intent of this brochure is to name some of the challenges you may face, and to acquaint you with some on- and off-campus resources that can help you manage effectively. At some point along the way, you may decide to make use of some of the services that are mentioned or to share your knowledge of them with a friend in need, a colleague in your academic cohort, or an undergraduate student whom you encounter in your role as a teaching assistant or research assistant.

The issues addressed in this brochure may or may not affect your life as a graduate/professional school student. They may impact you to some extent at times or they may become major concerns for you. The hope is that by becoming aware of the issues that commonly affect graduate/professional school students, you will be better able to recognize them and respond to them in a way that works for you. The specific areas covered in this brochure include:

- Opportunities and Challenges of Student Life
- Self Care Fundamentals to Help Keep your Life in Balance
- Life Out of Balance – Signs of Distress
- Online Mental Health Information and Screening Programs
- Mental Health Resources—On-Campus, Online, Off-Campus
- LGBTQ Students
- International Students
- Students of Color
- Students with Disabilities
- Student-Parents
- Graduate and Family Housing Resources
- In Case of Emergency

We encourage all graduate/professional school students to take care of yourselves as you pursue your degrees and to make use of the full range of resources available to you so that you make the most of your time at UC Irvine.

# Life as a Graduate/Professional School Student

## Opportunities and Challenges

Life as a graduate/professional school student is full of new experiences—opportunities and challenges -- that call for adaptive and flexible coping skills. From the initial transition to graduate/professional school through the various phases of completing your degree program, you will be challenged in a number of ways that can be exciting and sometimes daunting. Some of these challenges include:



**Adapting to a new place** -- Learning how to navigate the UC Irvine campus as well as the Southern California environment. For international students, being in the U.S., perhaps for the first time poses even greater challenges related to language and culture that are less familiar.

**Creating new social relationships** – Developing friendships and mentoring relationships with faculty. You need a caring community to support you through the rigors of this academic journey. Creating this takes time and energy.

**Taking on new roles** -- Learning what it means to be a graduate or professional school student, a research or teaching assistant, and for some students an intern and resident. Feeling comfortable and confident in these new roles takes time.

**Boundary issues** -- Along with these new roles may come the need to clarify boundaries—what are appropriate expectations and what are not? Learning how to set limits and how to negotiate responsibilities are among the challenges of graduate and professional school student life.

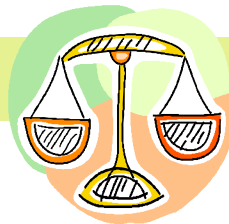
**Academic transition times** – Preparing for comprehensive exams, working on a thesis or dissertation, and going out on job interviews are all high stress times for graduate and professional school students.

**Career issues/Paths** – For some students who come to UC Irvine with the goal of landing a faculty position at an “R1” (research university), there may come a time when you consider expanding your options to teaching at a state college, a small private college, or a community college, or to working in the private or government sector. Some graduate and professional school students struggle with having discussions with faculty advisors about these career alternatives.

**Multiple roles** – Balancing your commitments and activities as a student and research or teaching assistant with other areas of your personal life can be very challenging at times. Relationships may feel strained, or you may sometimes feel like there’s just not enough of you to go around. Learning how to set priorities and manage stress and time are critical skills for graduate/professional school students to acquire.

Services offered at the Counseling Center can help students navigate these challenges, and prevent these common aspects of graduate/professional education from becoming debilitating stressors or life crises.

## Keep Your Life in Balance



When the stress you are experiencing is increasing and you are beginning to feel out of balance, take time to review some basic self-care practices that will help you manage your stress more effectively:

**A Healthy Diet:** Eat regular, well balanced meals, limit caffeine and alcohol.

**Good Sleep Habits:** Get at least six hours of sleep a night, maintain a regular sleep routine.

**Regular Exercise:** Find physical activities that you enjoy, commit to an exercise schedule.

**Time for Play & Relaxation:** Build study breaks into your daily schedule, learn and use healthy relaxation strategies (breathing exercises, meditation, yoga).

**Get Connected to Others:** Build relationships with others not only through your academic discipline but through team sports, clubs and organizations, religious/spiritual groups.

*There are excellent resources on campus and off campus that can help you take care of yourself:*

**Anteater Recreation Center (the ARC)**, located on the east campus next to Verano Place, has an incredible array of individual and group sports and fitness options that can also help you make connections with other students. Visit: [www.campusrec.uci.edu](http://www.campusrec.uci.edu).

**The Dean of Student's Office** maintains a search engine to help you find clubs and organizations that are of interest to you. Visit: <http://search.dos.uci.edu/organizations>.

**Center for Service in Action** is a great resource if volunteer work is a source of satisfaction for you. Visit: [www.volunteer.uci.edu](http://www.volunteer.uci.edu).

**The Office of Graduate Studies** provides a great list of on- and off-campus resources for the well-rounded life. Visit: [www.rgs.uci.edu/grad/prospective/uci\\_life.htm](http://www.rgs.uci.edu/grad/prospective/uci_life.htm).

**The Health Education Office** offers literature, group workshops, and individual consultations around health issues such as sexual health, alcohol and drugs, tobacco use, and nutrition. Visit: [www.health.uci.edu](http://www.health.uci.edu) or call 949.824.9355.

**The Counseling Center** hosts the online "Wellness Room," where you can use a "Wellness Inventory" to assess yourself on seven dimensions of wellness – social, emotional, spiritual, intellectual, academic, physical and identity. Visit: [www.counseling.uci.edu](http://www.counseling.uci.edu).

## Signs of Distress



How can you tell if life is tilting out of balance for you, for a friend or colleague, or for an undergraduate student for whom you are a T.A. or an R.A.? The following signs of distress suggest that some additional support might be required to restore a healthy life balance.

**Academic Difficulty:** Loss of motivation or interest in school, difficulty concentrating on academic work, problems with finishing tasks, multiple class absences, failing grades

**Increased Physical Problems:** Difficulty with sleeping (oversleeping, insomnia, interrupted sleep), difficulty with eating (loss of appetite, binge eating, overeating, indigestion, nausea), headaches, stomach pain

**Exaggerated Emotional Responses:** Angry outbursts, sudden or excessive tearfulness; rapid-fire speech; irritability, excessive worry

**Disruptive Behavior:** Aggressiveness, low tolerance for frustration; attempts to dominate class discussions

**Persistent Depression:** Crying, low energy, irritability, decline in personal appearance, helplessness/hopelessness, emotional flatness, loss of pleasure, suicidal thoughts

**Loss of Self-Esteem:** Self-denigrating remarks, negative social comparisons

**Changed Social Relationships:** Withdrawal from friends, family or other sources of support; sudden overdependence on others

**Increased Alcohol Use or Drug Use**

## Online Mental Health Information & Screening Programs



### Counseling Center Village

The **Counseling Center Village** offers online information on a wide range of mental health issues from “Anxiety: How to Cope with it” to “Writing: Dissertation Tips.” To view the virtual pamphlet collection, visit <http://ub-counseling.buffalo.edu/ccv.html>.

### ULifeLine

**ULifeLine** is an anonymous online mental health resource for college students that provides self-assessment tools and fact sheets on mental health. These fact sheets include a wide range of topics including: “52 Proven Stress Reducers” and “How to Get A Good Night’s Sleep” to “Suicide and Depression” and “Schizophrenia: What You Need to Know.” Visit: [www.ulifeline.org/page/main/Home.html](http://www.ulifeline.org/page/main/Home.html).

### Online Screening

The **College Response Online Mental Health Screening Program** provides free, anonymous screenings for depression, anxiety problems, eating disorders, and alcohol problems. These screening tools can help you decide if meeting with a therapist might be helpful. Through the UC Irvine Counseling Center web site, you can access these measures. Visit [www.counseling.uci.edu](http://www.counseling.uci.edu) and select “online mental health services.”

*While online screenings and readings can be provide you with important information, sometimes the best thing that they do is to direct you toward seeing a mental health professional.*

## Mental Health Resources for Graduate and Professional School Students

Whether you have an urgent need for help or simply want to prevent stress from overwhelming you, there are several excellent resources on campus to assist you.

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**The Counseling Center** is the central point of entry for a broad range of mental health services for you as a graduate or professional school student. Confidential services are offered free of charge to currently enrolled, full-time students who have paid registration fees. These services include individual, couples, family, group counseling and therapy. The Counseling Center also provides urgent care, crisis response, consultation for you around helping emotionally distressed students, and outreach programs for the university community.

**Counseling Center:** [www.counseling.uci.edu](http://www.counseling.uci.edu) 949.824.6547

**Student Services I, Room 203; Hours:** M-F, 8 A.M. – 5 P.M.

**After-hours crisis help:** Call 911 or the Campus Police at 949.824.5222

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**Campus Assault Resources and Education (CARE)** provides consultation, direct services and campus education for issues related to rape and sexual assault, intimate partner violence, relationship health, personal safety and gender issues. CARE offers confidential individual, couples, and group counseling, free of charge.

**CARE:** [www.care.uci.edu](http://www.care.uci.edu) 949.824.7273

**630 Aldrich Hall; Hours:** M-F, 8 A.M.–5 P.M.

**After-hours crisis help:** 949.831.9110 (24-hour hotline)

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**All graduate and professional school students are enrolled in the Graduate Student Health Insurance Plan (GSHIP)** unless they waived out of the plan. GSHIP insurance provides access to many providers of confidential mental health services in the Southern California region. Visits require a small co-pay.

More information about GSHIP can be found on the Office of Graduate Studies Web site: [www.rgs.uci.edu/grad/](http://www.rgs.uci.edu/grad/).

### Medical Students

There are special resources in the **UC Irvine School of Medicine** that can be helpful to medical school students in balancing their many demands.

#### **Designated Psychologist**

In addition to mental health services in the Counseling Center and through GSHIP or private insurance, there is a designated clinical psychologist for medical students situated on the School of Medicine campus. Contact Dr. Marianne Ross: 949.824.4621 or [maross@uci.edu](mailto:maross@uci.edu).

#### **Academic Skills Coordinator**

The Academic Skills Office in the School of Medicine provides assistance with study skills, time management, note-taking strategies, and tutoring. Contact Geraldine Codd: 949.824.3415 or [gcodd@uci.edu](mailto:gcodd@uci.edu).



Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning graduate and professional school students may have additional challenges when starting their programs at UC Irvine. Moving to a new location might mean leaving a well-established community and having to learn about all new LGBTQ resources, finding places to socialize, and building a support community. Sometimes students have concerns about being “out” in their academic departments for fear of discrimination or they may worry about being assigned a roommate who may not be accepting. There are many campus and community resources to help you with your adjustment to campus.

## Campus Resources

**The Counseling Center** serves LGBTQ students with general mental health services as well as with two targeted programs: The **LGBTQ Graduate Psychotherapy Group** (meets weekly starting in fall quarter) and the **LGBT Mentor Program** (supports LGBTQ students as they are coming out). For more information, visit [www.counseling.uci.edu](http://www.counseling.uci.edu) or call 949.824.6457.

**The LGBT Resource Center** (located in G302 Student Center) is dedicated to providing a safe and welcoming environment for the campus’s diverse lesbian, gay, bisexual, transgender, queer, questioning, intersex, and ally communities. For more information, visit [www.lgbtrc.uci.edu](http://www.lgbtrc.uci.edu) or call 949.824.3277.

**Queer Graduate Caucus (QGC)** sponsors social events, lectures, discussion groups, and political activism and provides information about the campus and community resources in the Orange County area. To join the listserv, visit <http://spirit.dos.uci.edu/mailman/listinfo/qgc-list>.

The **MEG Group** is a social/discussion group for LGBTQ faculty, staff and graduate students. To join the listserv, visit <https://maillists.uci.edu/mailman/listinfo/meg-list>.

## Online and Off-Campus Resources

**The University of California Lesbian Gay Bisexual Transgender Intersex Association (UCLGBTIA):** [www.uclgbtia.org](http://www.uclgbtia.org).

**The Center-Orange County (LGBT Community Center):**  
[www.thecenteroc.org](http://www.thecenteroc.org) or 714.534.0862

**The Long Beach Gay and Lesbian Community Center:**  
[www.centerlb.org](http://www.centerlb.org) or 562.434.4455

**The L.A. Gay and Lesbian Center:**  
[www.lagaycenter.org](http://www.lagaycenter.org) or 323.993.7400





## International Students



Leaving home to travel to the U.S. to study can be an exciting undertaking. It can be an opportunity to learn and share different social, cultural and academic pursuits. Being an international student can also be a difficult experience in a number of ways. Issues associated with separation or distance from family and friends, language, immigration, funding, and cultural adjustment can sometimes feel overwhelming. To maintain your wellbeing and enhance your resilience, a number of resources are available for international students.

### Counseling Center

**The Counseling Center** provides free, confidential psychological services to enrolled international students. Among the services offered is **The International Students Coffee Hour**. It is a weekly group designed to provide a relaxed, friendly space for international students to get together for conversation and refreshments. New members are always welcome and you are free to drop-in at any time. For more information, visit [www.counseling.uci.edu](http://www.counseling.uci.edu) or call 949.824.6457.

### International Center

**The International Center** is a primary resource for all international students and scholars at UC Irvine. The International Center is located at 500 East Peltason Drive. For more information, visit [www.ic.uci.edu](http://www.ic.uci.edu) or call 949.824.7249.

### Cross-Cultural Center

Although not specifically designed for international students, the **Cross Cultural Center (CCC)** provides many valuable support services and resources for UC Irvine's ethnic and culturally diverse student population. For more information, visit [www.ccc.uci.edu](http://www.ccc.uci.edu) or call 949.824.7215.

Transitioning and adjusting to graduate/professional school can be a culture shock for many students. Building community within your program, on campus, and in the community can be vital to your success.

## Campus Resources

**The Counseling Center** resources and services are available to support you. Support groups in the Counseling Center provide a good way to connect with others from your ethnic or cultural background, to find mentors, and to become part of a community. The **Asian American Women's Group** focuses on Asian American women's issues. **Estamos Unidos** is a discussion group for **Chicana/Latina students**. **"What's Going On?"** is a support group for **African American and other students** on issues of importance to the African American community. For more information, visit [www.counseling.uci.edu](http://www.counseling.uci.edu) or call 949.824.6457.

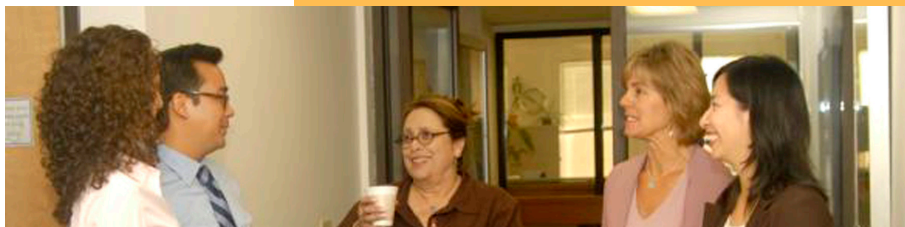
**The Black Graduate Students Network (BGSN)** is a campus-based support group for African American graduate students across all disciplines. For more information, call 949.824.4255

**The Cross Cultural Center (CCC)** provides a network of support services promoting the personal, social, cultural, and academic well-being of UC Irvine's ethnic and culturally diverse student body. Visit [www.ccc.uci.edu](http://www.ccc.uci.edu) or call 949.824.7215.

**The Office of Equal Opportunity and Diversity (OEOD)** is responsible for the University's compliance with federal and state laws and University policies and procedures regarding discrimination, retaliation and sexual harassment. Visit [www.eod.uci.edu](http://www.eod.uci.edu) or call 949.824.5594.

**The Office of Graduate Studies** provides information about diversity programs at UC Irvine, including diversity-related graduate funding. Visit [www.rgs.uci.edu/grad/diversity/index.htm](http://www.rgs.uci.edu/grad/diversity/index.htm).





## Online and Off-Campus Resources

The **University of California** and the **UC Office of the President (UCOP)** have on-line resources regarding diversity at the University of California. Visit: [www.universityofcalifornia.edu/diversity/](http://www.universityofcalifornia.edu/diversity/) and [www.ucop.edu/acadadv/fgsaa/grad-prof-diversity.html](http://www.ucop.edu/acadadv/fgsaa/grad-prof-diversity.html).

Numerous online resources exist for students and people of color. The following are only a few examples:

**Orange County Black Chamber of Commerce:**

[www.ocblackchamber.com](http://www.ocblackchamber.com), 714.547.2646

**National Association for the Advancement of Colored People**

(Orange County chapter): [www.ocnaacp.com](http://www.ocnaacp.com), 714.543.3637

**Association of Scholars and Professors of Iranian Heritage:**

[www.apsih.org](http://www.apsih.org), 909.869.2569

**Iranian Student Organization in America:** <http://isaa.berkeley.edu>,

e-mail [isaa-officers@list.berkeley.edu](mailto:isaa-officers@list.berkeley.edu)

**The American Indian Graduate Center:** [www.aigcs.org](http://www.aigcs.org),

1.800.628.1920

**REZNET: Reporting from Native America:** [www.reznetnews.org](http://www.reznetnews.org)

**National Council of La Raza:** [www.nclr.org](http://www.nclr.org), 202.785.1670

**Society for the Advancement of Chicanos and Native Americans**

**in Science:** [www.sacnas.org](http://www.sacnas.org), 1.877.722.6271

**National Association of Asian American Professionals:**

[www.naaap.org](http://www.naaap.org), 650.333.9533

**The Network of South Asian Professionals:** [www.netsap.org](http://www.netsap.org),

e-mail [info@netsap.org](mailto:info@netsap.org)



## Students with Disabilities

Disabilities transcend all lines of gender, race, culture, age, and sexual orientation. Frequently, there are special social, educational, and physical access issues that impact students with disabilities at UC Irvine.

### Campus Resources

**The Counseling Center** provides psychological support to students with disabilities through individual, group, couples and family therapy sessions. We also provide referrals to the community for counseling and other supportive needs. For more information, visit [www.counseling.uci.edu](http://www.counseling.uci.edu) or call 949.824.6457.

**The Disability Services Center (DSC)** supports the University's goal of promoting individual growth and development, civility, and diversity by providing disability-related programs and services. For more information, visit [www.disability.uci.edu](http://www.disability.uci.edu) or call 949.824.7494

Many graduate students will be responsible for teaching students with physical, psychological and/or learning disabilities. For a helpful guide on how you can support disabled students, visit [www.disability.uci.edu](http://www.disability.uci.edu) and click on "Newsletters & Publications."

### Online Resources

The following links provide access to a number of helpful Web sites.

**National Organization on Disability:** [www.nod.org](http://www.nod.org)

**Disabled American Veterans:** [www.dav.org](http://www.dav.org)

**Assorted articles on disabilities:** [www.osd.ucla.edu/Articles\\_on\\_Disability.htm](http://www.osd.ucla.edu/Articles_on_Disability.htm)

**UC policies on students with disabilities:** [www.osd.ucla.edu/UCGuide.htm](http://www.osd.ucla.edu/UCGuide.htm)

**Virtual pamphlets, University of Chicago, for Students with Disabilities:** <http://counseling.uchicago.edu/resources/virtualpamphlets/disabilities.shtml>

**Article on disabilities from Pepperdine University:**  
[www.pepperdine.edu/disabilityservices/students/articles/whatisreason.htm](http://www.pepperdine.edu/disabilityservices/students/articles/whatisreason.htm)

Being a parent while attending graduate or professional school poses some unique challenges. The National Center for Educational Statistics estimates that approximately one-fourth of all doctoral students are parents and one-third of all master's students are parents. Many student-parents enter graduate/professional school after some time out in the workforce. Nationally, the average age of graduate/professional school students is 33 years, so it is not surprising that many have established a family before completing their degree. This section provides information regarding services available to you.

## Campus Resources

In addition to other therapeutic services, the **Counseling Center** offers the **Graduate Student Women's Psychotherapy Group**, which is designed to provide support to women in graduate and professional schools. National data shows that in households with children, women continue to play the more prominent role in providing child care. This is one of the areas that could be addressed within the group along with other challenges for women who are juggling multiple important roles. For more information, visit [www.counseling.uci.edu](http://www.counseling.uci.edu) or call 949.824.6457.

**The Office of Graduate Studies** has a wealth of information regarding the policies and procedures that govern your tenure as a graduate student. The Graduate Studies Web site also provides links to a number of resources that can support your needs as a student-parent, including financial support, childcare, and employment. For more information, visit [www.rgs.uci.edu/grad/index.htm](http://www.rgs.uci.edu/grad/index.htm), or call 949.824.4611.

**Childcare Services** offers students six options for childcare ranging from an Infant Toddler Center to a Montessori school. Many of the programs offer subsidized rates for UC Irvine students. For more information, visit [www.childcare.uci.edu](http://www.childcare.uci.edu), or call 949.824.2100.

## Online and Off-Campus Resources

**The Child Care Coordination Office for the City of Irvine** provides a variety of services designed to enhance and maintain the quality of childcare in the community. Staff work with individuals, agencies, and businesses to help provide quality services for children. For more information, visit <http://cityofirvine.org/depts/cs/childcare/default.asp>.

**Zero to Three** is an online resource for parent education based on the beliefs that parents are the true experts on their children, and that there is no "one-size-fits-all" approach to raising children. Visit: [www.zerotothree.org](http://www.zerotothree.org).

*Verano Place  
Palo Verde  
Vista del Campo  
VDC Norte*



Graduate and Family Housing communities are designed to:

- Provide students with living accommodations that facilitate their intellectual, social, and personal growth.
- Create an environment that stimulates interaction and builds a sense of community.
- Support the academic mission of the university by coordinating the growth of formal and informal educational opportunities within the residential environment.

**We** recognize that graduate and professional school students face a number of challenges during their academic life cycle. In an effort to support students throughout their career at UC Irvine, Student Housing offers programming that addresses the transitional needs of first-year students, the needs of continuing students who are “mid stream” or near the completion of their degree, and also the special needs of international students, families, and single students. We hope to provide you with opportunities to develop transferable life skills that will make your educational experience here at UC Irvine a comprehensive one.

We believe in a collaborative approach to our service delivery which includes partnering with others on campus to better support students. Some of these partnerships include the Counseling Center, Dean of Students office, Office of Graduate Studies, Child Care Services, the Associated Graduate Students organization and community resident councils. For information about specific programs and opportunities to get involved visit, [www.housing.uci.edu](http://www.housing.uci.edu), and click on any of the Graduate Communities listed.

We look forward to serving you and invite you to take advantage of the resources and support that UC Irvine has to offer toward making your experience here a successful one.

*Graduate and Family Housing  
September, 2008*

## In Case of Emergency

Some examples of emergencies include, but are not limited to the following:

- when students are thinking about harming themselves or others;
- when students feel unable to function;
- when students are seriously concerned about the welfare or safety of other students;
- when students have experienced a traumatic event

**When the Counseling Center is open** (Monday-Friday, 8AM-5PM), there is always a staff member available by phone or in person to assist you.

- Call 949.824.6457
- Come to the Counseling Center (203 Student Services I) and ask to be seen.

**When the Counseling Center is closed:**

- Dial 911
- For on-campus emergencies, call the UC Irvine Police Department at 949.824.5222
- Call the National Suicide Prevention Lifeline (24 hours a day, 7 days a week) at 1.800.273.TALK or 1.800.273.8255.

If you have experienced a sexual assault, call **Campus Assault Resources and Education (CARE)** at 949.824.7273 or visit [www.care.uci.edu](http://www.care.uci.edu).

**IF THE EMERGENCY IS LIFE THREATENING, CALL 911  
OR GO TO YOUR NEAREST HOSPITAL EMERGENCY ROOM**

**LOCAL HOSPITALS:** Emergency Rooms are open every day, 24 hours

**IRVINE REGIONAL HOSPITAL**

16200 Sand Canyon Rd., at Alton; Irvine, CA 949.753.2000

**HOAG MEMORIAL HOSPITAL**

301 Hospital Rd.; Newport Beach, CA 949.645.8600

**UC IRVINE MEDICAL CENTER (UCIMC) (Level 1 Trauma Center)**

101 City Drive South; Orange, CA 714.456.6011

**KAISER - IRVINE MEDICAL CENTER (For students with Kaiser insurance)**

6640 Alton Parkway, at Sand Canyon; Irvine, CA 949.932.5000

**LOCAL WALK-IN CLINICS:** Most walk-in clinics are open into the evening, but close for the night. Call clinic to confirm open hours.

**FAMILY CARE CENTER**

1313 E. 17TH Street; Costa Mesa, CA 949.631.8300

**NEWPORT URGENT CARE**

1000 Bristol St. No., Suite 1B; Newport Beach, CA 949.752.6300

**WOODBIDGE WALK-IN CLINIC**

4870 Barranca Parkway; Irvine, CA 949.857.1248



## UC Irvine Counseling Center

203 Student Services 1  
Irvine, CA 92697-2200

[www.counseling.uci.edu](http://www.counseling.uci.edu)

Phone: 949-824-6457

E-mail: [couns201@uci.edu](mailto:couns201@uci.edu)