

# UC Irvine Faculty & Staff Mental Health Care

## BEHAVIORAL HEALTH RESOURCES

Because mental health and physical health go hand in hand, UC Irvine provides resources for faculty and staff including benefits for mental health services and substance abuse treatment. Faculty and staff can use these behavioral health benefits for a personal consultation or to discuss a concern about an employee or colleague. Sessions with counselors, psychologists and/or psychiatrists are available to address a wide range of issues. This guide provides a summary of the resources available to assist you.

### Faculty/Staff Mental Health Care Coordinator

On-site services and support are available to address behavioral health issues, help with crisis intervention and to facilitate and coordinate resources for time-limited therapy and case management for employees. The coordinator also helps develop and implement instructional training and materials to promote mental well-being for faculty and staff.

Support is offered for a wide range of issues including:

- Work-related stress
- Relationship/couples issues
- Family problems
- Depression, anxiety and other emotional issues
- Grief and loss
- Alcohol, drug and other addictions
- Consultations and training services for faculty and staff management

Contact: Negar Shekarabi, Psy.D.  
(949) 824-5208 or [nshekara@uci.edu](mailto:nshekara@uci.edu)  
[whcs.uci.edu/faculty-staff-mental-health-care](http://whcs.uci.edu/faculty-staff-mental-health-care)

### Employee Assistance Program (EAP)

Separate from your medical plan behavioral health benefits, EAP is a free confidential benefit that helps with problem identification, assessment and referral to treatment providers and community resources. The first three sessions are free. EAP Benefits are available 24/7 to you and your dependents.

(844) 824-3273  
[guidanceresources.com](http://guidanceresources.com) (UCI ID: UCIEAP3)

### Behavioral Health Benefits with Medical Coverage

Depending on your medical plan, faculty and staff have access to behavioral health providers in the community through Anthem Blue Cross, Optum Behavioral Health, HealthNet MHN and Kaiser Permanente.

[ucnet.universityofcalifornia.edu/compensation-and-benefits/health-plans/behavioral-health/index.html](http://ucnet.universityofcalifornia.edu/compensation-and-benefits/health-plans/behavioral-health/index.html)

### Human Resources Wellness Programs

The university wellness program, UC Living Well, provides activities and resources to help faculty, staff and retirees reach their wellness goals. UCI's wellness program works to build a healthy workplace culture and offers on-site activities, health education, local programs and challenges and more to help you lead a healthy life.

[wellness.uci.edu](http://wellness.uci.edu)

## What Resource is Right for Me?

### Where do I start to get support for my own mental health?

- Contact the Faculty/Staff Mental Health Care Coordinator for a free and confidential consultation at **(949) 824-5208** or [nshekara@uci.edu](mailto:nshekara@uci.edu)

### Where do I go to inquire about a specific mental health treatment?

- Call the Employee Assistance Program (EAP) at **(844) 824-3273** or find a provider through your medical plan.
- Contact the Faculty/Staff Mental Health Care Coordinator **(949) 824-5208** or [nshekara@uci.edu](mailto:nshekara@uci.edu) for a referral list of providers who take your insurance.

### How can I help a fellow colleague?

- Consult with the Faculty/Staff Mental Health Care Coordinator at **(949) 824-5208** or [nshekara@uci.edu](mailto:nshekara@uci.edu)
- For immediate safety concerns call Campus Police. **(949) 824-5223** or **911**

### What can I do to stay mentally healthy?

- Check out the wellness programs available through UCI and UC Living Well Resources include online wellness videos, perks and discounts, FitSquad online fitness and wellness webinars. [wellness.uci.edu](http://wellness.uci.edu)

### What resources are available to help understand my UC plan coverage or to resolve an issue with my provider and medical plan?

- Contact the Health Care Facilitator for confidential assistance with resolving health plan issues related to coverage, patient rights and coordination of benefits at **(949) 824-9065**.

### What can I do to help after an incident that impacts people in my department?

- Contact the Employee Assistance Program at **(844) 824-3273** to schedule a department session.
- Consult with the Faculty/Staff Mental Health Care Coordinator at **(949) 824-5208** or [nshekara@uci.edu](mailto:nshekara@uci.edu) to develop a crisis response plan.

### What can I do to help myself or someone else who has been impacted by sexual assault, relationship abuse, family violence, and/or stalking?

- Contact the UCI CARE office for free and confidential support services at **(949) 824-7273**.
- For those designated as a Responsible Employee, you are required to promptly notify the Title IX Officer if you know about sexual violence, sexual harassment or other prohibited behavior. [oeod.uci.edu](http://oeod.uci.edu)

### How can I get help with off-campus resources?

- Contact your medical plan for available resources.
- Visit the Campus Assist List for off-campus resources. [help.uci.edu](http://help.uci.edu)

### How do I manage taking time off work to address mental health concerns?

- Consult with Disability Management Services in Human Resources at **(949) 824-5210** [accessibility.uci.edu/accomodations](http://accessibility.uci.edu/accomodations)

## Other On-Campus Resources for Faculty/Staff

### UCI CARE OFFICE

UCI CARE provides free and confidential support services to UCI community members impacted by sexual assault, relationship abuse, family violence, and/or stalking. Faculty and staff can access advocacy services for questions, referrals, resources, and to clarify information about rights and reporting options, accompaniment in legal, Title IX, or medical meetings, safety planning, housing and employment support.

**(949) 824-7273**  
[care.uci.edu](http://care.uci.edu)

### DISABILITY MANAGEMENT SERVICES

Information on UCI disability plans (short-term, supplemental and UCRP) and procedures, used in conjunction with state-mandated Workers' Compensation and Social Security plans help protect employees from loss of wages over the course of their disability period.

**(949) 824-5210**  
[accessibility.uci.edu](http://accessibility.uci.edu)

### CAMPUS ASSIST LIST

Campus Assist List offers campus and community resources for lowest cost community services, including basic needs, medical and local mental health and counseling providers.

[help.uci.edu](http://help.uci.edu)

### HEALTH CARE FACILITATOR

UCI's Health Care Facilitator (HCF) helps faculty, staff, retirees, survivors and their eligible family members, to better understand and obtain the full benefits and services available from the UC-sponsored health plans. A Health Care Facilitator can provide confidential assistance to help resolve health plan issues.

**(949) 824-9065**  
[hr.uci.edu/partnership/health-care](http://hr.uci.edu/partnership/health-care)