



Specific mental health resources:

UCI counseling center

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

How to make an appointment with the UCI counseling center

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

Off campus counseling referrals

- <https://counseling.uci.edu/services/referral-resource-support.html>

UCI counseling center workshops and group therapy

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

Online self-help (sign in with your UCI email)

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

Managing stress during COVID-19

- <https://counseling.uci.edu/resources/Wellness-Resources-during-COVID-19.html>

COVID mental health support

- [https://urldefense.com/v3/_https://www.covidmentalhealthsupport.org/_!!OLgoXmg!CLQI_fOjl6vz9B03Ocq65wrDZsSQN5dpDtBycFbCZ6wwevqqhOrNTuZaW834sA\\$](https://urldefense.com/v3/_https://www.covidmentalhealthsupport.org/_!!OLgoXmg!CLQI_fOjl6vz9B03Ocq65wrDZsSQN5dpDtBycFbCZ6wwevqqhOrNTuZaW834sA$)

UCI Center for Student Wellness and Health Promotion

- <https://studentwellness.uci.edu/>

Campus assault resources and education

- <https://care.uci.edu/>

Campus social worker

- <https://whcs.uci.edu/campus-social-worker/summary-services>

Campus assist list for on and off campus resources

- <https://whcs.uci.edu/do-you-need-help/campus-assist-list>

Overall UCI Wellness, Health, & Counseling services

- <https://whcs.uci.edu/>

Also Acacia Irvine offers services to many UCI students...

Acacia Irvine

4255 Campus Drive, Suite A245

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