

While you are in the process of scheduling a counseling appointment, you may ask what you can do in the meantime to try to alleviate some of the distress you may currently be experiencing. This handout provides some suggestions. (*This handout is for informational purposes only and is not intended to diagnose or treat any conditions—it cannot substitute for a consultation with a medical or mental health professional.*)

- **Stick to a routine.** Get dressed, go to class, keep to the structure you normally have during your day.
- **Eat healthy food regularly.** Skipping meals robs you of the energy you need to cope.
- **Talk to supportive friends or family members.** Isolating yourself can make things worse.
- **Keep a journal** of your thoughts and feelings. Note any patterns or questions you'd like to discuss in counseling.
- **Get some sleep.** Most people need 7 to 9 hours of sleep every night. Try to go to bed and get up at the same time every day.
- **Do some kind of physical activity** regularly. This can be running, swimming, playing sports, working out—preferably something you like to do. Even walks around the campus and neighborhood can help you feel better emotionally and reduce stress.
- **Avoid using alcohol or drugs** as a way to “self-medicate.” This includes caffeine.
- **Find activities that are relaxing** or soothing to you. Listen to your favorite music, take hot baths, meditate, go on a long walk, visit the CAPS website “Self-Help” page for relaxation podcasts and other self-help resources.
- **Use humor.** Spend time with people who make you laugh, watch a comedy, read a funny book.
- **Distract yourself temporarily** from your difficulties. Watch TV, play a game, go window shopping.
- **Recall what has helped you before** in similar situations. Make a list of these things and try to do them.
- **Check out the CAPS website** (<http://caps.ucsc.edu>). Our site has information about our services, including same-day crisis assessments and consultations; other services on and off campus; self-help resources; and more.

#### **Other On-Campus Resources That May Help:**

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| ▪ Academic Advisors (academic support & services)   | Call or visit your college office    |
| ▪ Cantu Center (GLBTQ community support & resources)  | (831) 459-2468                       |
| ▪ CARE Office (sexual assault, domestic violence, & stalking support)   | (831) 502-2273                       |
| ▪ Career Services (career counseling & job hunting support)   | (831) 459-4420                       |
| ▪ Disability Resource Center (disability accommodations & services)   | (831) 459-2089, (831) 459-4806 (TTY) |
| ▪ Educational Opportunity Programs (for 1 <sup>st</sup> -gen, low-income, & others)                                   | (831) 459-2296                       |
| ▪ Ethnic Resource Centers (community support & resources)   | (831) 459-2427                       |
| ▪ Learning Support Services (tutoring, study groups, & more)  | (831) 459-4333                       |
| ▪ SHOP (drug/alcohol, wellness, sexual health support)  | (831) 459-3772                       |
| ▪ Smith Renaissance Society at STARS (for former foster youth, juvenile offenders, runaways, orphans, homeless youth) | (831) 459-4968                       |
| ▪ Student Health Center   | (831) 459-2211                       |
| ▪ Slug Support at Dean of Students Office (early intervention for students in need of support and/or resources)       | (831) 459-4446                       |
| ▪ SOAR (student orgs, government, & community activities)   | (831) 459-2934                       |
| ▪ STARS (services for transfer & re-entry students)   | (831) 459-2552                       |
| ▪ VETS at STARS (veteran community support & resources)   | (831) 459-1520                       |
| ▪ Women’s Center (community support & resources)  | (831) 459-2072                       |

#### **Crisis & Other Resources**

Counseling & Psychological Services offers same-day crisis assessments and consultations for students experiencing mental health-related emergencies. Students in need of crisis services can come to CAPS or call (831) 459-2628 Monday through Friday between 8 a.m. and 5 p.m.

The following emergency resources are available on holidays, weekends, and after CAPS office hours:

- CAPS After Hours Crisis Service: (831) 459-2628 (follow menu prompts to talk to a counselor by phone)
- Crisis Text Line: <http://www.crisistextline.org/> (text START to 741-741 to text with a trained peer counselor; text returned in a few minutes; free for AT&T, T-Mobile, Sprint, & Verizon)
- Emergency (police, fire, medical): 911
- National Alliance on Mental Illness (NAMI), Santa Cruz County chapter (support and information): [www.namisc.org](http://www.namisc.org)
- National Domestic Violence Hotline: (888) 799-7233 (SAFE)
- National Suicide Prevention Lifeline: (800) 773-8255 (TALK)
- Santa Cruz County Crisis Stabilization Program (mental health crisis stabilization and inpatient care): (831) 600-2800
- Suicide Prevention Service of the Central Coast: (877) 663-5433 (ONE LIFE)
- 24-Hour Suicide Crisis Line: 877-663-5433 (ONE LIFE)
- UC Santa Cruz Police Dispatch: (831) 459-2345 (emergencies when can't call 911)