

While you are in the process of scheduling a counseling appointment, you may ask what you can do in the meantime. Here are some things you can do to try to alleviate some of the distress you may currently be experiencing (*this list 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 from 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** that you enjoy. This can be running, swimming, playing sports, working out. Even walks around the campus and neighborhood can help you feel better emotionally and help 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, take a long walk, or listen to the relaxation podcasts on the CAPS website under “Self-Help,” then “Stress.”
- **Find humor in life.** Spend time with those who make you laugh. Watch a comedy or 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** at <http://www2.ucsc.edu/counsel/services.html/>. Our website contains links to information about our services including same-day crisis assessments and consultations, common self-help strategies including useful brochures and relaxation podcasts, and other on-campus resources.

## Other On Campus Resources that may help:

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| ▪ Academic Advisors for academic support and services                                                                    | call or visit your college office                                                           |
| ▪ Cantu Center for GLBTQ community support and resources                                                                 | (831) 459-2468                                                                              |
| ▪ Career Services for career counseling and job hunting support                                                          | (831) 459-4420                                                                              |
| ▪ Disability Resource Center for disability accommodations & services                                                    | (831) 459-2089, (831) 459-4806 (TTY)                                                        |
| ▪ Educational Opportunity Program for 1 <sup>st</sup> generation, low-income status                                      | <a href="http://eop.ucsc.edu/content/contactus">http://eop.ucsc.edu/content/contactus</a>   |
| ▪ Ethnic Resource Centers for community support and resources                                                            | <a href="https://admissions.sa.ucsc.edu/erc.cfm">https://admissions.sa.ucsc.edu/erc.cfm</a> |
| ▪ Learning Support Services for tutoring, study groups, and more                                                         | <a href="http://www2.ucsc.edu/lss/">http://www2.ucsc.edu/lss/</a>                           |
| ▪ SHOP for drug/alcohol, sexual health, and sexual abuse/assault support                                                 | (831) 459-3772                                                                              |
| ▪ Smith Renaissance Society at STARS for former foster youth, Juvenile offenders, runaways, orphans, and homeless youth. | (831) 459-4968                                                                              |
| ▪ Student Health Center                                                                                                  | (831) 459-2211                                                                              |
| ▪ Student Affairs CARE line, See/Say/Do Something!                                                                       | (831) 459-3456                                                                              |
| ▪ SOAR includes student orgs, government, and community activities                                                       | (831) 459-2934                                                                              |
| ▪ STARS services for Transfer and Re-entry students                                                                      | (831) 459-2552                                                                              |
| ▪ VETS at STARS for veteran community support and resources                                                              | (831) 459-1520                                                                              |
| ▪ Women’s Center for community support and resources                                                                     | (831) 459-2072                                                                              |

## CAPS 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 speak with a mental health provider in person Monday through Friday between 8:30 am and 4 pm, or call (831) 459-2628 for more information.

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

- CAPS After Hours Crisis Service (831) 459-2628
- Emergency (police, fire, medical) call 911
- UC Santa Cruz Police Department for Emergencies (831) 459-2345
- Dominican Hospital Behavioral Health Unit for mental health emergencies (831) 462-771
- 24-Hour Sexual Assault and Domestic Violence Crisis Line 888-900-4232
- National Suicide Hotline (<http://www.hopeline.com>) 800-784-2433 (SUICIDE)
- National Alliance on Mental Illness (NAMI) for support and information (831) 427-8020 [www.namisc.org](http://www.namisc.org)

