

## Health and Psychological Services for UC Davis Health's Medical & Nursing Students, Residents, Fellows & Faculty

<b>*In the event of an emergency, call 911 or go to the nearest emergency room*</b>	
<b>**Consider contacting your primary care physician if possible**</b>	
UC Davis Police	(916) 734-2555 (Medical Center) (530) 752-1230 (campus)
National Suicide Prevention Lifeline	1-(800) 273-TALK (8255)
Local Suicide Prevention and Crisis Hotlines	(916) 368-3111 (Sacramento) (530) 756-5000 (Davis)
Sutter Center for Psychiatry Crisis Intervention Services (24 hours a day, 7 days a week)	(916) 386-3620
Sacramento County Adult Mental Health Services After hours line	(916) 875-1055 1-(888) 881-4881
Crisis Chat & Texting-WellSpace Health (not for emergent life-threatening situations) <a href="#">Suicide Prevention - WellSpace Health</a>	Text the word HOPE to (916) 668-iCAN or visit website for online chat
<b>LOCAL HOSPITALS</b>	
Heritage Oaks 4250 Auburn Blvd., Sacramento, Ca 95841	(916) 489-3366
Kaiser Permanente – Sacramento Emergency Department 2025 Morse Avenue, Sacramento, Ca 95825	(916) 614-4040
Kaiser Permanente – South Sacramento Emergency Department 6600 Bruceville Road, Ca 95823	(916) 688-2106
Mental Health Urgent Care Clinic 2130 Stockton Blvd. Bldg 300, Sacramento, Ca 95817 <a href="#">Mental Health Urgent Care Clinic (MHUCC) - Turning Point   Mental Health Services</a>	(916) 520- 2460
Mercy General Emergency Department 4001 J Street, Sacramento, Ca 95819	1-(866) 553-3261
Mercy San Juan Medical Center Emergency Department 6501 Coyle Avenue, Carmichael, CA 95608	1-(855) 409-5280
Methodist Hospital of Sacramento Emergency Department 7500 Hospital Drive, Sacramento, Ca 95823	(916) 230-1873
Sierra Vista Hospital 8001 Bruceville Road, Sacramento, Ca 95823	(916) 288-0300
Sutter Davis Emergency Department 2000 Sutter Place, Davis, Ca 95616	(530) 757-5111
Sutter General Hospital Emergency Department 2825 Capitol Avenue, Sacramento, Ca 95816	(916) 887-1130
UC Davis Health Emergency Department 2315 Stockton Blvd., Sacramento, Ca 95817	(916) 734-3790
Woodland Healthcare Emergency Department 1325 Cottonwood Street, Woodland, Ca 95695	1-(844) 617-4566

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<b>HELPFUL RESOURCES FOR MEDICAL &amp; NURSING STUDENTS</b>	
Margaret Rea, Ph.D. Director of Student & Resident Wellness UC Davis School of Medicine Betty Irene Moore School of Nursing <a href="mailto:mrea@ucdavis.edu">mrea@ucdavis.edu</a>	(916) 703-9355 (WELL)
SHCS Counseling Services <a href="#">Student Health and Counseling Services   UC Davis</a>	(530) 752-0871
UC Davis School of Medicine Student Wellness <a href="#">Student Wellness   UC Davis School of Medicine</a>	
Betty Irene School of Nursing Student Wellness <a href="#">Student Wellness   Betty Irene Moore School of Nursing at UC Davis</a>	
UC Davis Student Disability Center <a href="#">Student Disability Center   UC Davis</a>	(530) 752-3184
UC Davis Health Fitness Center (ARC) 2501 Stockton Blvd., Sacramento, CA 95817 <a href="#">UCDHS Fitness Center   Campus Recreation</a>	(530) 219-5476
Physician Support Line Free/Confidential 7 days a week, 8:00am to 1:00am ET <a href="#">Physician Support Line</a>	1-(888) 409-0141
Sierra Sacramento Valley Medical Society No fee, 6 sessions of counseling for medical students, residents, and faculty To make an appointment visit <a href="#">Joy of Medicine – Find Your Joy of Medicine</a> Main website: <a href="#">Sierra Sacramento Valley Medical Society</a>	
Association of American Medical Colleges (AAMC) Medical Student Well-Being <a href="#">Medical Student Well-Being   AAMC</a>	
American Medical Student Association (AMSA) <a href="#">American Medical Student Association Home</a>	
<b>HELPFUL RESOURCES FOR RESIDENTS, FELLOWS, &amp; FACULTY</b>	
Margaret Rea, Ph.D. Director of Student & Resident Wellness <a href="mailto:mrea@ucdavis.edu">mrea@ucdavis.edu</a> <a href="#">Wellness   Graduate Medical Education   UC Davis Medical Center</a>	(916) 703-9355 (WELL)
Sheetal Shah, Ph.D. Resident and Fellow Counselor <a href="mailto:drshah@ucdavis.edu">drshah@ucdavis.edu</a>	(916) 734-2727
Uma Anand, Ph.D. Physician and GME Psychologist Academic & Staff Assistance Program <a href="mailto:usanand@ucdavis.edu">usanand@ucdavis.edu</a>	(916) 734-2727

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Academic & Staff Assistance Program 2720 Stockton Blvd., Suite 2100 Sacramento, Ca 95817 <a href="#">Human Resources - Academic and Staff Assistance Program (ASAP)</a>	(916) 734-2727
UC Davis Health Medical Staff Well-Being Committee Chief Wellness Officer: Peter Yellowlees, MBBS, MD <a href="mailto:pmyellowlees@ucdavis.edu">pmyellowlees@ucdavis.edu</a> <a href="#">Medical Staff Well-Being Committee   UC Davis Medical Center</a>	(916) 734-8581
Physician Support Line Free/Confidential 7 days a week, 8:00am to 1:00am ET <a href="#">Physician Support Line</a>	1-(888) 409-0141
UC Davis Health WorkLife Services Program Coordinator: Julie Zech, B.S. <a href="#">UC Davis Health Wellness Resources   Human Resources</a>	(916) 734-2760
Disability Management Services UC Davis Health <a href="#">Disability Management Services (DMS)   Human Resources</a>	(916) 734-3553
UC Davis Health Fitness Center (ARC) 2501 Stockton Blvd., Sacramento, CA 95817 <a href="#">UCDHS Fitness Center   Campus Recreation</a>	(530) 219-5476
Sierra Sacramento Valley Medical Society No fee, 6 sessions of counseling for medical students, residents, and faculty To make an appointment visit <a href="#">Joy of Medicine – Find Your Joy of Medicine</a> Main website: <a href="#">Sierra Sacramento Valley Medical Society</a>	
Support U Peer Responder Program <a href="#">Support U Peer Responder Program   UC Davis Health Clinician Health and Wellbeing</a>	
American Medical Association (AMA) Physician Health & Well-Being <a href="#">Physician Health and Well-being   Physician Wellness   AMA</a>	
Accreditation Counsel for Graduate Medical Education Resident and Fellow Well-Being <a href="#">Tools and Resources   ACGME</a>	
<b>GENERAL RESOURCES</b>	
Healthy UC Davis <a href="#">Healthy UC Davis</a>	
UC Davis Office for Health Equity, Diversity, and Inclusion <a href="mailto:hs-hedi@ucdavis.edu">hs-hedi@ucdavis.edu</a> <a href="#">Office for Health Equity, Diversity and Inclusion   UC Davis Health</a>	(916) 734-2926
UC Davis Harassment & Discrimination Assistance and Prevention Program (HDAPP) <a href="mailto:hdapp@ucdavis.edu">hdapp@ucdavis.edu</a> Anonymous call line: (916) 734-2255 <a href="#">Harassment &amp; Discrimination Assistance and Prevention Program   UC Davis</a>	(916) 734-3417

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UC Davis Center for Advocacy, Resources, and Education Sexual assault and/or domestic violence assistance <a href="#">Center for Advocacy, Resources &amp; Education (CARE)   UC Davis</a>	(530) 752-3299
UC Davis Ombuds Office <a href="#">Office of the Ombuds   UC Davis</a>	(916) 734-1600
UC Davis Occupational Health - Safety Services <a href="#">Staff and Faculty Health and Well-being (SFHWB) Program   Safety Services   UC Davis</a>	
Alcoholics Anonymous Sacramento 24-hour helpline <a href="#">Alcoholics Anonymous   AA Sacramento</a>	(916) 454-1100
American Foundation for Suicide Prevention <a href="#">Home   AFSP</a>	
Eating Recovery Center <a href="#">Mood, Anxiety &amp; Eating Disorder Treatment   Sacramento ERC Pathlight</a>	(916) 574-1000
Mental Health America of California <a href="#">Mental Health America of CA</a>	(855) 845-7415
Narcotics Anonymous – Sacramento <a href="#">American River Area Narcotics Anonymous - 24 HOUR HELPLINE</a>	1-(800) 600-HOPE (4673)
The Trevor Project <a href="#">The Trevor Project   For Young LGBTQ Lives</a>	1- (866) 4.U.TREVOR 1- (866) 488-7386
WEAVE (sexual assault/domestic violence) 24-hour crisis line <a href="#">WEAVE, Inc.</a>	(916) 920-2952