



Resources Available For You!

The American Psychiatric Association

<http://www.psych.org>

The American Medical Association

<http://www.ama-assn.org>

Web MD

<http://www.webmd.com>

The Higher Education Center (for Alcohol and Other Drug Prevention)

<http://www.higheredcenter.org>

National Institute on Drug Abuse

<http://www.nida.nih.gov>

Food and Drug Administration

<http://www.fda.gov>

National Institute of Mental Health

<http://www.nimh.nih.gov>



Mental Health Clinic



UC Irvine

Student Health Center
Mental Health Clinic
501 Student Health Drive

Phone: (949) 824-5304

Fax: (949) 824-0323

(949) 824-5304

(949) 824-0323 fax

Welcome to Mental Health Services!

Whether you are an incoming freshman or a returning student, you may find some of the services that we offer helpful to you during your time at UCI.

While the university experience provides many opportunities for emotional growth, not everyone makes it through the college experience without experiencing some bumps along the way. Sometimes thoughts, feelings, emotions, or behaviors come up that cause problems in his/her life, or in the lives of loved ones.

Friends and family often worry when someone around them has difficulty coping with things, gets involved in drugs or alcohol, or can't get along with others.

The Mental Health Clinic is comprised of psychiatrists and psychologists. Our psychologists have a wealth of experience and have particular interest in counseling the diverse college-age population. The psychiatry group is staffed by a team of physicians who also provide psychotherapy and medication evaluation. Whether you are treated by an individual psychologist, or receive psychotherapy combined with medication management from a psychiatrist, you will have access to comprehensive, current medical care at the Student Health Center.

California state law and the federal Health Insurance Portability and Accounting Act of 1996 (HIPAA) protect the confidentiality of communications between mental health professionals and their patients. At the Student Health Center, we will not discuss information about you with others without your consent except as required by law.

Disorders Treated

- individual psychotherapy
- mood disorders
- thought disorders
- depression, anxiety and stress-related disorders
- panic disorder
- social anxiety
- gender issues
- eating disorders and body image
- strategies for developing healthy relationships
- bipolar disorders
- personality disorders
- psychotic disorders
- acculturation issues
- ADHD
- mind/body psychology
- relaxation and meditation as therapeutic tools
- couples therapy
- chronic pain issues
- spirituality within the therapeutic context
- relationship issues and personal growth

How To Make An Appointment

To make an appointment to see a member of our staff, please call **(949) 824-5304** and speak with our Mental Health Coordinator.

You may also drop in to the Student Health Center at the corner of East Peltason and Pereira Drives and make an appointment.

The Mental Health Clinic in the Student Health Center is open from 8:00 am to 5:00 pm Monday through Friday, and closed on weekends and University holidays.