



University of San Diego Student Wellness Resource Guide

Welcome to USD's Student Wellness Resource Guide and thank you for taking the time to review this important information. Well-being is a critical element of your academic success, personal development, and overall experience as a student at USD. Student Wellness seeks to support you holistically through your journey at USD by providing a comprehensive and integrated range of wellness programs, experiences, and services.

This guide is intended to share information about the many Student Wellness services and additional resources available to you at USD. While you will find many options for support here, it is helpful to know that all of our teams are excellent entry points for assistance and that often students will connect with many of our teams during their time at USD. You are always welcome to contact Student Wellness directly if you are not sure where to start with a question or concern: wellness@sandiego.edu or (619) 260-4655.

One of the most powerful ways you can use this guide beyond finding support for your own well-being is as a tool to support a friend or a peer. Whatever the person may be experiencing, talking with a peer like yourself and receiving encouragement to connect with resources can make a meaningful difference in the support the person receives. We are always here to support you and to consult about providing support to others.

Thank you again for taking the time to review these resources. We wish you health and happiness in the year ahead!

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Student Wellness General Contact Information

Campus Assault Resources and Education (CARE)

sandiego.edu/care

(619) 260-4655, press 1 for after-hours support

Campus Recreation

Various Locations

sandiego.edu/campusrecreation

campusrecreation@sandiego.edu

(619) 260-4533

Center for Health and Wellness Promotion

University Center 161

sandiego.edu/health-wellness

chwp@sandiego.edu

(619) 260-4618

Counseling Center

Saints Tekakwitha & Serra Hall 300

sandiego.edu/counseling-center

(619) 260-4655, press 1 for after-hours support

Disability and Learning Difference Resource Center

Saints Tekakwitha & Serra Hall 300

sandiego.edu/disability

(619) 260-4655

Student Health Center

Maher Hall 140

sandiego.edu/health-center

MyWellness Portal: mywellness.sandiego.edu

(619) 260-4595

TimelyCare

www.timelycare.com/usd

Connect with Student Wellness on Instagram:



@bewellusd

@usd_care

@usdcampusrec

@usd_outdooradventures



Counseling Center

Saints Tekakwitha & Serra Hall 300 | (619) 260-4655 *Available 24/7
sandiego.edu/counseling-center

The Counseling Center supports the emotional, relational, and psychological well-being of our student community. We strive to facilitate students' personal growth and enhance their academic success through accessible, culturally congruent clinical and outreach services.

Students can schedule a mental health appointment by visiting the online [USD MyWellness Portal](#) and using your MySanDiego username and password to login.

A counselor-on call is available to consult about after-hours urgent psychological concerns at all times. The counselor-on call can be reached by calling 619-260-4655 and pressing 1 if after-hours. Please contact the Department of Public Safety to access emergency services at 619-260-2222.

In addition to individual therapy, USD counselors also offer group therapy in a variety of topic areas. Groups are offered at no-cost and are open only to currently enrolled USD undergraduate, graduate, and professional students. More information can be found on the [Counseling Center website](#) at the start of each semester.

Disability and Learning Difference Resource Center

Saints Tekakwitha & Serra Hall 300 | (619) 260-4655
sandiego.edu/disability

The Disability and Learning Difference Resource Center (DLDRC) is committed to helping students with disabilities obtain meaningful academic accommodations and support and to improve access to the many excellent programs and activities offered by the University.

DLDRC services include evaluating disability documentation, arranging academic accommodations, and providing disability management/counseling to students with disabilities. We also coordinate with other departments, both academic and administrative, such as Residential Life, the Department of Public Safety, the School of Law, and the Dean's offices of the various schools on campus to meet students' needs. We are available to the University community (faculty, staff, parents, and all students) for consultation on a broad range of disability issues and to manage the needs of students with temporary disabilities (e.g., mobility limitations and transient but severe illnesses).

Student Health Center

Maher Hall 140 | (619) 260-4595
sandiego.edu/health-center

Students have access to high quality and convenient outpatient medical care for urgent illnesses, minor injuries, preventive care and chronic medical problems. An on-site pharmacy provides immediate dispensing of many commonly prescribed and over-the-counter medications during a students' appointment. A physician, nurse practitioner, and/or physician assistant, along with a registered nurse, are on duty during operating hours. To minimize wait times, it is advised for students to schedule appointments in advance. Patients without appointments will be triaged by the registered nurse, who will determine whether the patient requires new urgent, same-day services or can be scheduled for another day.

Additionally, there are a variety of immunizations that can be administered at the Student Health Center and a [list with costs can be found here](#).

TimelyCare

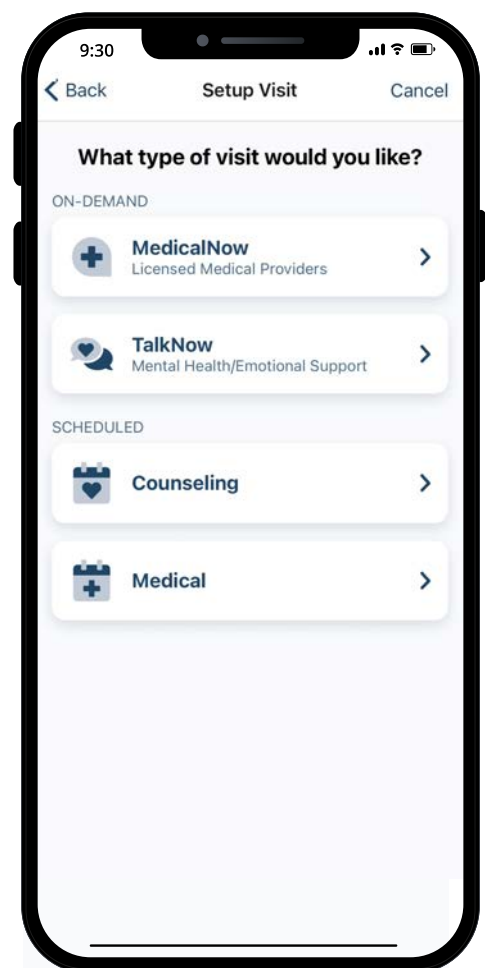
Download the app + register at timelycare.com/usd

TimelyCare offers students a 24/7 extension of campus health and counseling center resources that is as easy and convenient as making a video or phone call. Through the TimelyCare app on your phone or another device, you can now select from a wide-ranging menu of virtual care options from licensed physicians and counselors in all 50 states – at no cost to you and without the hassle of traditional insurance – including:

- On-demand medical care
- Appointment-based medical care
- On-demand mental health support (TalkNow)
- Appointment-based mental health counseling

TimelyCare allows students to see the profiles, faces, and specialty care details of a diverse range of licensed physicians and counselors available to them. You can choose to meet with a specific provider or select the first available. Typical consultations begin within 5-10 minutes – less than the amount of time it takes to walk across campus.

TimelyCare's ease of use, convenience, and immediacy provides a reliable resource for USD students that is in addition to our campus resources. Whether your schedule makes an on-campus appointment challenging or you are just more comfortable connecting with a provider through an app, TimelyCare is a great option!



Center for Health and Wellness Promotion

University Center 161 | (619) 260-4618
sandiego.edu/health-wellness

The Center for Health and Wellness Promotion (CHWP) provides the University of San Diego community with a comprehensive array of health and wellness promotion initiatives and clinical alcohol and other drug services. The Center for Health and Wellness Promotion provides individual clinical consultations, assessments, educational programming and peer education, 12-step facilitation and support, and referrals.

Individual and Group Services

Confidential alcohol, tobacco and other drug consultations, assessments and recovery support are available through the Center for Health and Wellness Promotion. Consultations are designed to help facilitate positive behavior change and provide clinical treatment and referrals when needed. Group services provide opportunities for students to seek support from peers.

Health Promotion and Outreach

CHWP organizes educational outreach, events, programs, promotional campaigns and training efforts to foster the well-being of the campus community. To partner with CHWP and Student Wellness for any of these services, email chwp@sandiego.edu or complete our [presentation request form](#).

Student Leadership Opportunities

Peer education and student leadership are key elements of promoting well-being within the campus community. CHWP hosts a variety of opportunities for students to connect with and lead health promotion efforts. For current ways to get involved, visit www.sandiego.edu/health-wellness/student-involvement

You are USD

You are USD is a campaign dedicated to raising awareness about mental health and sharing strategies to care for our own and other's well-being. The You are USD website houses resources such as an online mental health screening, virtual trainings, and information pertaining to many wellness topics. Visit sandiego.edu/youareusd to learn more!

Campus Recreation

Various Locations | (619) 260-4533
sandiego.edu/campusrecreation

Campus Recreation supports student learning by providing opportunities to be active, develop leadership skills, cultivate community, and persist in experiences proven to enhance well-being. We are committed to providing welcoming and well-maintained facilities, staffed with an emphasis on compassionate service.

Campus Recreation strives to offer a variety of fitness, wellness, and adventure opportunities that integrate habits promoting health in mind, body, and spirit. Indoor and outdoor group fitness classes, club and intramural sports, beautiful fitness facilities, a sparkling lap pool, and an array of Outdoor Adventures programs are just some examples of what Campus Rec offers! San Diego is the ultimate city to enjoy recreational activities and Campus Rec is one of the greatest areas to build and find community while caring for your well-being.

Outdoor Adventures

sandiego.edu/outdoor-adventures

Outdoor Adventures (OA) serves the USD community with opportunities to experience outdoor activities that aim to promote personal growth, leadership development, relationship building, and environmental responsibility. We offer a variety of local, regional, and international outings that includes Pre-Orientation Adventure, overnight trips, outdoor recreation classes, and day trips around San Diego. OA also operates a rental shop and resource center for individuals that choose to venture on their own excursions and need some equipment or guidance.

CARE: Campus Assault Resources & Education

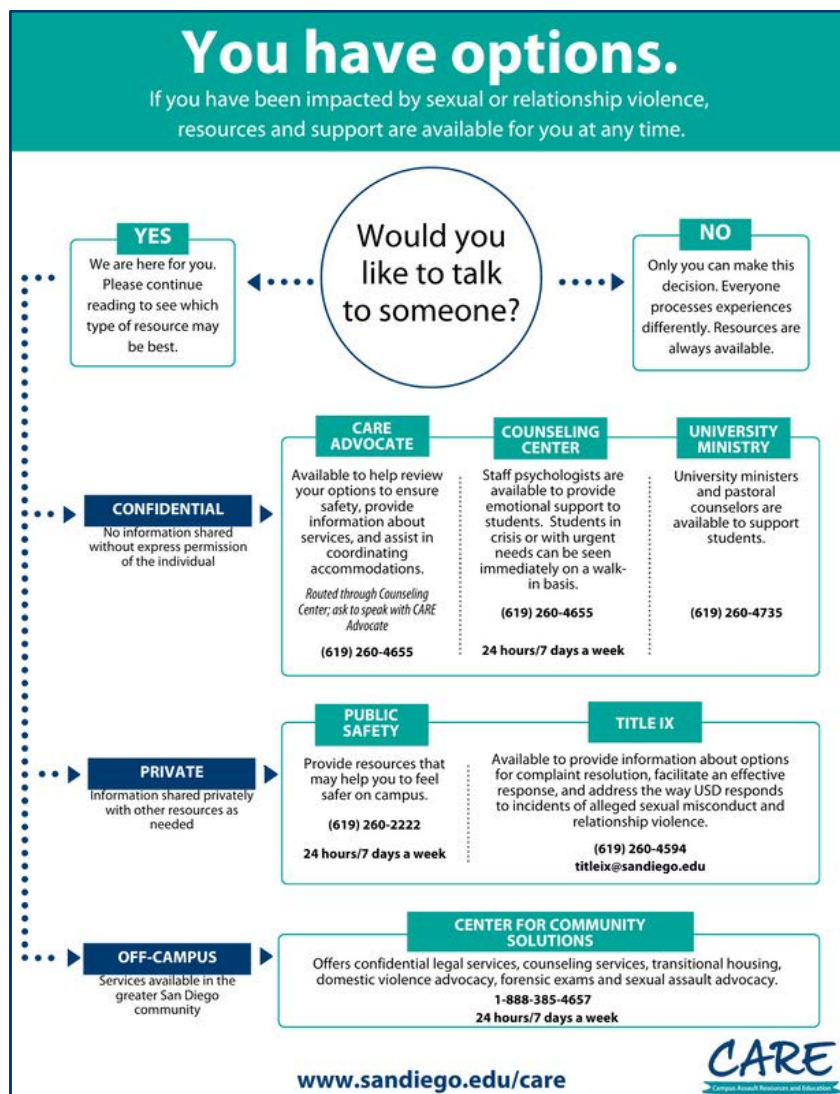
(619) 260-4655 (Student Wellness Line)

*Available 24/7 (press 1 after hours)

sandiego.edu/care

CARE is USD's primary effort to provide support, resources, and education to the student community pertaining to sexual assault and relationship violence. CARE Advocates are available 24 hours a day, 7 days a week by calling the Student Wellness line at (619) 260-4655 and asking to speak with a CARE Advocate. Student Wellness will only ask for your contact information and then connect you with a CARE Advocate.

CARE Advocates are a confidential resource, comprised of trained staff members who journey with students through considering support, resources, and reporting options. While CARE is a great place to start, students can choose to seek support from a variety of confidential and private resources on and off campus. We encourage you to read the chart below and visit sandiego.edu/care to view all of the resources available. It is important for victims/survivors to know that resources available on the CARE website can offer assistance even if you choose not to file a report or press charges.



Additional Resources

Department of Public Safety

Hughes Administration Center 150 | sandiego.edu/safety
Emergency: (619) 260-2222 | Non-emergency: (619) 260-7777

The Department of Public Safety (DPS) is located on the south side of Hughes Administration Center and is open 24 hours a day, 7 days a week. DPS works in partnership with Residential Life, Student Wellness, Title IX, and other campus departments to contribute to the safety and security of the campus community.

Emergencies on campus should be reported directly to the Department of Public Safety by calling (619) 260-2222, 24 hours a day. The non-emergency phone number can be used for non-urgent matters, (619) 260-7777.

Anonymous Reporting

Anonymous reporting is available if you wish to keep your identity anonymous while sharing a concern with campus resources to ensure that steps are taken to protect the safety and well-being of an individual or the broader community. Anonymous reporting is available through a form that can be found online at sandiego.edu/safety/reporting/anonymous.php.

Hate Crimes and Acts of Intolerance

USD's mission statement affirms the institution's commitment to advancing academic excellence and creating a diverse and inclusive community. An act of intolerance is an affront to a community that values diversity and strives to create an inclusive environment. To report a Hate Crime, Harassment, or an Act of Intolerance, please complete the form [found here](#).

Title IX

Maher Hall 101 | (619) 260-4594
sandiego.edu/titleix

Title IX is a federal law that prohibits discrimination based on sex in educational programs and activities that receive Federal financial assistance. Examples of programs and activities that are subject to Title IX include admissions, recruitment, financial aid, academic programs, athletics, housing, and employment. Title IX also protects students from sexual harassment, including sexual violence, such as rape, other forms of sexual assault, sexual battery, and sexual coercion.

USD's Title IX Coordinator monitors and oversees the university's compliance with Title IX and related laws in the prevention of sexual harassment and discrimination, including the coordination of education and training activities and the response to Title IX complaints. Students, faculty, administrators, staff, or others who participate in USD's education programs and activities with questions, concerns, or complaints about sex discrimination, sex harassment or sexual misconduct are encouraged to contact the Title IX Coordinator.

Title IX Coordinator

Nicole Schuessler Veloz, Ph.D.
Director of Title IX, EEO Programs and Employee Relations
Department of Human Resources
Maher Hall 101
(619) 260-4594
TitleIX@sandiego.edu

National Suicide Prevention Lifeline

Dial 988 | Available 24 hours a day / 7 days a week

We can all help to prevent suicide. The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

How are you feeling?

Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional.

Think of these as a checkup from your neck up. This program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.



CHECKUP

Completing these screenings will help you determine if your recent thoughts or behaviors may be associated with a common, treatable mental health issue.



ANONYMOUS

We cannot link these screenings to any one individual, so you remain anonymous. Take these screenings anywhere you feel comfortable.



FAST

It takes only a few minutes per screening, and at the end you will be presented with information and next steps.

Online Mental Health Assessment

screening.mentalhealthscreening.org/USD

Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a professional. Think of these as a checkup from your neck up. This program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources. Assessments can be completed at screening.mentalhealthscreening.org/USD.

Student Health Insurance

sandiego.edu/health-insurance

sandiego.edu/wellness

All full-time students are required to carry health insurance. This requirement ensures that students can access appropriate physical, mental and emergency health care services that often are beyond the scope of services provided at USD.

When students are admitted and/or register for classes, your student account will automatically be charged for the USD Student Health Insurance Plan. At the beginning of every academic year, full-time students need to submit an online decision form to either accept coverage or waive coverage. If a form is not submitted, full-time students will be enrolled in and charged for the plan.

The USD Health Insurance Plan with Gallagher Student offers an array of medical and preventative care coverage and is fully compliant with the Affordable Care Act (ACA) and all other state and federal mandates. Students who purchase USD's Health Insurance Plan with Gallagher Student save considerable deductible costs by accessing the Student Health Center for services or referrals and the Counseling Center for mental health needs. For more information about the USD student health insurance requirement or for instructions on how to enroll or waive, go to sandiego.edu/health-insurance.