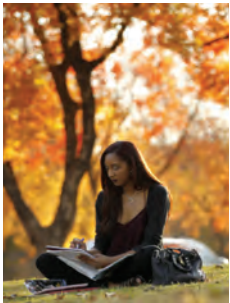


Student Guide to Mental Health and Well-Being Services





Counseling Services

559.278.2734

fresnostate.edu/health/counseling

Counseling and Psychological Services (CAPS) offers individual and relationship counseling, as well as groups and classes, crisis intervention, case management and psychiatry services.

WHAT TO EXPECT

Much like what would happen when you arrive for your first medical visit, at your first counseling visit you will:

- Complete a questionnaire, survey and consent.
- Meet with a member of our staff to create a treatment plan to best match your needs.
- Put your plan into action!



Let's Talk is a FREE and anonymous drop-in mental health service. Located in Kremen Education 334 and Industrial Technology 242.

Monday through Friday 11a.m. to 2 p.m.

For more information, visit: fresnostate.edu/health/counseling

Available Groups

- Anxiety
- DBT (Dialectical Behavioral Therapy)
- HER (Women's)
- Him
- International Circle
- Relationships
- R.I.O (Recognition, Insight, Openness)
- S.M.A.R.T (Strategies to Manage Anxiety and Reduce Tension)
- SHIFT
- Success Over Stress

Ask your counselor how to get enrolled or complete the interest form on the Counseling Services Group Counseling webpage.

Counseling and Psychological Services

College can be a stressful time, but we are here to help!



Scott Ahles, M.D.
Staff Psychiatrist



Zenaida Cruz, LMFT*



Marie Haroutinian, CRC
PCC Registered Associate



Diana Karageozian, LCSW
Clinical Case Manager



Bruce McAlister, Ph.D.
LCSW



Myrna Pacheco, LMFT*



Josie Rangel, LCSW*



Rebecca Raya-Fernandez,
Psy.D.



Steve Sanchez, LMFT



Malia Sherman, Psy.D.
Director, CAPS



Leslie Weiser, Psy.D.

**Se habla español.*

Five Ways to Well-Being

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



Connect with the people around you. With family, friends, classmates and neighbors. At home, work, college or in your local community. Think of these as corner stones of your life and invest time into developing them. Building these connections will support and enrich you everyday.



Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savor the moment, whether you are walking to the class, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Try something new. Rediscover an old interest. Sign up for that course or read around your subject. Download a new app. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favorite food. Set a challenge you will enjoy achieving. Learning new things will boost confidence as well as being fun.



Go for a walk or run. Step outside. Cycle. Play a game. Garden. Join a sports club or team. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy that suits your level of mobility and fitness.



For more ways to well-being check out Greater Good in action at ggia.berkeley.edu. Science-based practices for a meaningful life, curated by the Greater Good Science Center at UC Berkeley in collaboration with HopeLab.



Greater Good in Action

SCIENCE-BASED PRACTICES FOR A MEANINGFUL LIFE

Work it Out!

The Work it Out! Program is designed to encourage current Fresno State students to uphold a healthy life style; utilizing physical activity as a means for improving and maintaining good mental health. The program is facilitated by trained peer mentors. Their role is to offer guidance and support, to be a work out buddy.

Program Description:

Participants of the Work it Out! (WiO) get paired up with a peer mentor based on shared availability and physical activity interests. WiO participants meet with their assigned peer mentor for 8 hour long sessions.

Individuals interested in the WiO Program can request a referral from their counselor or care provider, then schedule an appointment at the front desk to meet with the WiO program coordinator to complete the enrollment paperwork. Once assigned, their peer mentor will reach out to confirm the first meeting time. During the first meeting, participants will discuss their physical activity interests and create a plan for the remaining sessions.

Peers and participants will meet on campus or in the Rec Center for eight total sessions that include any form of physical activity they enjoy, from strength training to group fitness to walking around campus.



***Interested in participating?
Ask your counselor for a referral!***

Campus Resources

Career Development Center

Thomas Building Room 103

559.278.2381

fresnostate.edu/careers

Career counselors provide career counseling, facilitate job search workshops, and host career fairs.

Financial Aid Office

Joyal Administration Room 296

559.278.2182

fresnostate.edu/financialaid

Assists students in the process of applying for and receiving financial assistance available from federal, state and institutional sources.

Veterans Services

University Center Room 101

559.278.6036

fresnostate.edu/veterans

Benefits information. Connections to on and off campus resources and referrals.

Dream Outreach Center

University Center Room 125

559.278.5374

fresnostate.edu/dreamcenter

Application assistance. Immigration resources and referrals. Scholarship referrals.

Dream Success Center

Joyal Administration Room 224

559.278.1787

fresnostate.edu/dreamcenter

Services for current Dream students of Fresno State.

University Advising Services

Joyal Administration Room 224

559.278.1787

fresnostate.edu/advising

Provides academic advising services for students. To make an appointment call, drop by or book online by logging into your CSU portal and click on GradesFirst (Academics) link.

Learning Center

Library Basement

559.278.1787

fresnostate.edu/studentaffairs/lrc

The Learning Center facilitates a variety of programs and services to meet the educational needs of students including academic success workshops and free tutoring in high demand subject areas for individual and small groups.

Services for Students with Disabilities (SSD)

Library Room 1202

559.278.2811

fresnostate.edu/ssd

Academic support, counseling, registration assistance, blue curb parking, orientation and advocacy for students with disabilities with.

Student Support Services Program (SSSP)

Lab School Room 9

559.278.5725

fresnostate.edu/studentssupport

Serves first generation, low income, and disabled students. Provides academic support services to help participants remain in college and reach the goal of graduation.

Student Support Services Veterans (SSSV)

Lab School Room 10

559.278.1441

fresnostate.edu/sssv

Academic support services for student veterans.

Cross Cultural and Gender Center

Thomas Building Room 110A

559.278.4435

fresnostate.edu/studentaffairs/ccgc

A safe space providing internships, and volunteer opportunities, support and discussion groups, and peer mentoring and referral services for students in the University community.

Campus Resources

Money Management Center

Thomas Building, Room 104

559.278.2381

fresnostate.edu/moneycenter

Provides education, financial counseling, tools, and solutions for Fresno State students to achieve greater financial independence.

Bulldog Express

2311 E Barstow Ave, Fresno

559.278.2950

bit.ly/FS_Shuttle

Free campus shuttle service for students, faculty and staff. Operates: Monday through Thursday 7 a.m. to 10 p.m. and Friday from 7 a.m. to 4 p.m.

Fresno Area Express (FAX)

2223 G Street, Fresno

559.621.RIDE (7433)

fresno.gov/transportation/fax/

Fresno Area Express (FAX) City Buses Ride FAX for FREE! Student, staff and faculty swipe your Bulldog Card to ride.

V-Line

425 E. Oak Ave, Visalia

1.877.404.6473

ridevline.com

V-LINE provides affordable, convenient, and easy-to-use shuttle service between Visalia and Fresno six times per day, seven days per week, with trips leaving Visalia as early as 4 a.m.

CARE Team

Student Health and Counseling Center

559.278.6777

bit.ly/CAREteam

Connect students with significant personal struggles, in distress, or students of concern that may benefit from additional support or resources to the CARE Team.

Campus Survivor Advocate

Student Health and Counseling Center

559.278.6769

fresnostate.edu/survivoradvocate

Provides confidential support, resources and referral services. Email: survivoradvocate@csufresno.edu

Food Security Project

Industrial Tech Building Room 144

559.278.6621

fresnostate.edu/foodsecurity

The Food Security Project has several initiatives including the Fresno State Student Cupboard which provides free food and hygiene items for students and CalFresh application assistance.

Good Samaritan Fund

Student Health and Counseling Center

goodsamaritan@mail.fresnostate.edu

bit.ly/apply4funds

Fund to assist Fresno State students experience an unforeseen financial emergency or catastrophic event. Application and eligibility information available on the website.

Project HOPE

Student Health and Counseling Center

559.278.6736

fresnostate.edu/projecthope

A case management program where students get support and help with accessing services on and off campus. Our focus is on basic needs and making sure students have the resources needed to succeed in college.

International Student Services and Programs

Joyal Administration Room 256

559.278.2782

fresnostate.edu/issp

Admissions, advising, advocacy and programming support.

If you're ever worried about where you are going to sleep or get your next meal, please contact Project HOPE.

Off Campus Counseling Referrals

Wanda K. Gordon McIntosh, LCSW 559.917.0991
5588 N Palm Ave
Fresno, CA 93704

United Healthcare Centers 800.492.4227
unitedhealthcenters.org 1780 E. Bullard Ave
Fresno CA 93710

Mel Hamel, Ph.D 559.355.5004
5151 N Palm Ave
Fresno, CA 93704

Jagmeet K Chann, MD, Psychiatrist 559.449.8060
6089 N First St, Suite 101
Fresno, CA 93710

Virginia Bergstrom, LMFT 559.440.0980
5588 N Palm Ave
Fresno, CA 93704

Richard B King, Ph.D 559.227.1977
1130 E Shaw Ave, Suite 105
Fresno, CA 93710

Maldonado Counseling 559.259.7653
Services 4041, 4035 N Fresno St, Suite 101
Fresno, CA 93726

Lacey Horsman, LMFT 559.824.8403
1500 Shaw Ave, Suite 400
Fresno, CA 93711

Diane Book, LMFT 559.691.7088
1357 West Shaw Ave, Suite 100
Fresno, CA 93711

H. Dan Smith, Ed D, LMFT 559.437.1111
1060 West Sierra Ave, Suite 104
Fresno CA 93711

CME Wellness Center 1702 E. Bullard Ave, Suite 103
Fresno, CA 93710

Maria Martinez, LCSW 559.906.9488
Kristie Christensen, LCSW 559.304.9804
Flora Esraelian, LCSW 559.355.9966

Urgent Care Wellness Center 559.600.9171
4411 E. Kings Canyon Road Hours: Monday to Friday 8:00 to 6:00
Fresno, CA 93702 Accepts Medi-Cal For emergencies, go to
Emergency Room for assessment Fresno Community Hospital

Off Campus Counseling Referrals

Blue Sky Wellness Center 559.230.2501
1617 E Saginaw Way #108 Monday to Saturday 8:00 to 4:30
Fresno CA 93704

University Psychiatry Associates Clinic 559.320.0580
Affiliated with UCSF Monday to Friday 8:00 to 5:00, by
2210 E Illinois Ave, Suite 401 appointment only. Adults, adolescents and
children for psychotherapy and/or
medication.

Fresno Family Counseling 559.229.3085
5151 N. Palm Ave, Suite 200 Monday to Friday 8:00 to 7:00
Fresno, CA 93704

*Psychological Services Center 559.253.2277
@ Alliant University Monday to Thursday 9:00 to 8:00, Friday
5130 E. Clinton Way 9:00 to 4:00. Individual, couples, and
Fresno, CA 93727 family counseling.

**Clinica Sierra Vista 559.457.5800
1945 N Fine Ave, Suite 116
Fresno, CA 93727



***ADHD services**

****Medical, dental and behavioral health services**

SAMHSA Treatment Referral Helpline 1.800.662.HELP (4357)

Off-Campus Resources

Addiction Resources

Valley Recovery Center of California
877.219.4297
valleyrecoveryfresno.com

Fresno New Connection
559.248.1548
fresnonewconnections.com

Eating Disorder Center of Fresno
edcfresno.org

Eating Recovery Center
Services and free support groups.
559.492.6881
eatingrecovery.com

Westcare California
559.237.3420
westcare.com/california

Bulldogs For Recovery
Community resources for students in recovery.
559.278.6739
bit.ly/BulldogsforRecovery

Grief/Loss

Hinds Hospice Center for Grief and Healing
Patient care and grief support.
Fresno Center: 559.248.8579
Merced Center: 209.383.3123
hindshospice.org

St. Agnes Medical Center
Free grief support groups for patient and family.
559.450.3158

Life After Loss
Adult six session support group.
bit.ly/LossSupport

Fresno Survivors of Suicide Loss
Free support group 2nd Wednesday of each month.
fresnosos.org

LGBT+Information and Support

Trans-E-Motion
Provides support and education to both transgender persons, their family, and friends.
transemotion.com
fresnorainbowpride.com

gayfresno.com

Advocacy Services

Rape Counseling Services
559.222.7273
rcsrfresno.org

Marjaree Mason Center
559.233.4357
mmcenter.org

Centro La Familia
559.237.2961
centrolafamilia.org

Additional Resources Online

National Institute of Mental Health
nimh.nih.gov

National Alliance on Mental Illness (NAMI)
namifresno.org

HealthCare Assistance

Covered California
Assistance in selecting and purchasing health insurance and determining eligibility for discounts or the state Medical program.
coveredca.com

The Fresno Center
Services include education, employment linking, social integration, health education, and housing. Assistance for Southeast Asian, Russian, Somali, and Middle Eastern refugees in Fresno County.
559.255.8395
fresnocenter.org

Suicide Prevention



SUICIDE IS THE 2ND LEADING CAUSE OF DEATH FOR COLLEGE STUDENTS BETWEEN THE AGES OF 18 AND 34.

We offer **Question, Persuade and Refer (QPR)** training to help you recognize and respond to the warning signs of suicide.

By attending a QPR training, you will learn:

- **Common misconception about suicide**
- **Warning signs and risk factors**
- **How to talk about suicide (Question)**
- **How to persuade someone to get help (Persuade)**
- **How to refer a person to appropriate campus and community resources (Refer).**

For more information, training dates or to sign up for a training, visit: bit.ly/FSPreventSuicide

MAKE A
Difference
EARN A
Certificate

After Hours

Hotline, online, and community mental health services available 24/7.



1.800.273.TALK

If you feel you are in a crisis, whether or not you are thinking about killing yourself, please call the Lifeline. When you call you will hear a message saying you have reached the National Suicide Prevention Lifeline. Your call is confidential and free. Chat option available online here: suicidepreventionlifeline.org

CRISIS TEXT LINE |

741741

Crisis text line is a free, 24/7 support for those in crisis. Text 741741 to get connected with a crisis counselor within minutes.



1.866.488.7386

A free and confidential crisis helpline for lesbian, gay, bisexual, transgender and questioning youth ages 13-24. TrevorCHAT, TrevorTEXT and TrevorSPACE also available. For more info visit: trevorhelpline.org



1.559.453.1008

**4411 E KINGS CANYON RD,
FRESNO, CA 93702**

Fresno Crisis Stabilization Center provides crisis intervention, assessment, medication management, therapy and social assistance referrals for food, housing, transportation and healthcare assistance.



1.559.449.8000

**7171 N. CEDAR AVENUE
FRESNO, CA 93720**

Community Behavioral Health Center The largest psychiatric care facility in the area providing 24-hour adult inpatient psychiatric care. Students in need of after hours mental health services should go to Community Behavioral Health.



FRESNO AREA EXPRESS

[FRESNO.GOV/TRANSPORTATION/FAX](https://fresno.gov/transportation/fax)

Don't forget, Fresno State students ride the FAX bus for free with your I.D.