

# *Student Guide to* **MENTAL HEALTH AND WELL-BEING SUPPORT**



A department in the Division of Student Affairs and Enrollment Management  
[fresnostate.edu/health](http://fresnostate.edu/health)

**FRESNO STATE**  
Student Health and Counseling Center

# COUNSELING SERVICES

**559.278.2734**

**fresnostate.edu/health/counseling**

**Counseling and Psychological Services (CAPS)** offers individual counseling as well as groups and workshops, crisis intervention, and psychiatry services.

## **What to Expect:**

Counseling appointments are typically 50 minutes in length.

Students have the option of participating via Zoom or in person.

1. Fill out an assessment about your current mental health status, history and a consent form.
2. Meet with a counselor about what brought you to counseling and any symptoms you're experiencing.
3. Learn about treatment options and work together to come up with a plan.
4. Put your plan to action, keeping in mind that you always have the option to alter the plan.

**Let's Talk** is a **FREE** and **anonymous** drop-in mental health consultative service available via **Zoom**. **No appointment necessary**. Monday through Friday 9 a.m. to 4 p.m.  
[bit.ly/fsletstalk](http://bit.ly/fsletstalk)



# COUNSELING GROUPS AND WORKSHOPS

Groups are available to have the support of others who share similar concerns and to gain information needed for effective self-care. A wide variety of groups are available each semester, focusing on topics such as relationships, stress, anxiety, and women's issues.



COUNSELING

## **Counseling Groups and Workshops:**

Do not require any prior counseling appointment for participation, are 45 to 50 minutes in length and are a mixture of in-person, virtual and hybrid.

To view a full list of all groups currently available visit  
[bit.ly/fscapsgroups](http://bit.ly/fscapsgroups).

# MEET THE TEAM

\*Se habla español.



**Alex Andrade-Lozano,**  
LMFT Counselor



**Bruce McAlister, LCSW**  
Counselor



**Bryan Van Ravenhorst,**  
LCSW Counselor



**Dennice McAlister, LMFT**  
Counselor



**Elizabeth Moss-Hunter,**  
LMFT Counselor



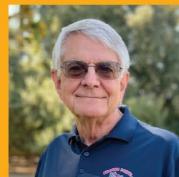
**Etisha Wilbon, LMFT**  
Counseling Director



**Myrna Pacheco, LMFT\***  
Counselor



**Rebecca Raya-Fernandez,**  
Psy.D. Training Coordinator



**Scott Ahles, M.D.**  
Staff Psychiatrist



**Shane Wilson, LCSW**  
Counselor



**Steve Sanchez, LMFT**  
Counselor



**Whitney Rodriguez, LMFT**  
Counselor



**Zafar Sumler, LMFT**  
Counselor

# SELF-CARE TIPS

SELF-CARE

## CONNECT

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group.

## NOTICE

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.

## LEARN

Try something new. Rediscover an old interest. Download a new app. Fix something. Make something. Learn how to cook your favorite food. Set a challenge you will enjoy achieving.

## BE ACTIVE

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Join a sports club or team. Discover a physical activity you enjoy and that works for you.

### For More Information on Self-Care:

Check out **Greater Good in Action**, [ggia.berkeley.edu](http://ggia.berkeley.edu). Synthesizing hundreds of scientific studies, Greater Good in Action collects the best research-based methods for a happier, more meaningful life—and puts them at your fingertips in a format that's easy to navigate and digest.

# TIPS FOR REST

## PHYSICAL

- Sleeping or napping
- Yoga, stretching, and/or joyful body movement
- Tending to your needs more often to help avoid reaching exhaustion
- Not rushing tasks, like eating, errands, etc.
- Managing your energy instead of time

## EMOTIONAL

- Creating intentional time for yourself, such as therapy or yoga
- Avoid checking your phone as soon as you wake up
- Rescheduling or canceling plans when you've had a difficult week
- Delegating tasks instead of taking the lead
- Taking a mental health day

## SENSORY

- Taking an intentional break from technology
- Engaging in grounding techniques
- Building in mindful transition time in your routine (washing your face, a brief meditation, sitting in silence, going for a walk, cuddling with a pet, etc)
- Drinking a comforting beverage
- Wearing soft, comfortable clothes
- Taking breaks from absorbing news and overstimulating information



# TIPS FOR REST

## SPIRITUAL

- Connecting to a deep sense of belonging, love, community, acceptance, and purpose
- Faith-based community and/or prayer
- Spending time in nature
- Meditation and contemplative practices

## CREATIVE

- Being in environments that awaken your sense of awe, wonder, and passion
- Spending time in nature
- Expressing gratitude

## MENTAL

- Taking breaks between tasks
- Not taking on too many tasks at once
- Checking in with yourself before saying “yes” to something
- Journaling
- Being present

## SOCIAL

- Figuring out which relationships give you energy and which ones take energy from you
- Reflecting on how each person, space, etc, impacts your mind, body, and spirit
- Not responding to texts until you have the energy to respond
- Declining a social request when your social battery is low

\*Derived from “**Types of Rest your Nervous System May Be Craving**” created by Zabie Yamasaki

# STUDENT SUPPORT AND WELL-BEING SERVICES

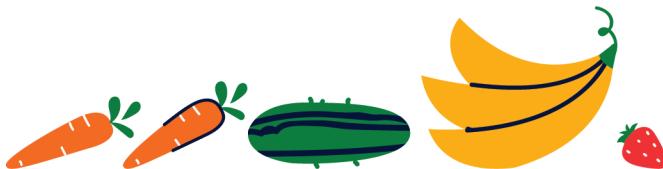
## Amendola Family Student Cupboard

- Industrial Technology, Room 114
- **559.278.6621**
- **fresnostate.edu/foodsecurity**
- A FREE food and hygiene pantry for current Fresno State students. Fresh fruits and vegetables are available as well as non-perishable items like pasta, beans, rice, cereal, and shelf stable milk. Applications for CalFresh, a nutrition assistance program that helps individuals and families buy the food they need, are also available at the Student Cupboard.



## Bulldogs for Recovery (B4R)

- Join our weekly drop-in self-help group, a confidential and judgment-free space dedicated to supporting students in recovery. Here, you'll find a welcoming community where you can share experiences, seek support, and build connections in a safe and understanding environment. Facilitated by Miranda Rogers. Call **559.278.5234** or email **mirandar@mail.fresnostate.edu** for more information.



## Center for Essential Needs

- Family Food Science, Room 110
- **559.278.6736**
- **studentaffairs.fresnostate.edu/essentialneeds**
- The Center for Essential Needs provides case management services to students to connect them to resources for housing needs, meal assistance, financial assistance, transportation needs, academic concerns, and connections to other community resources.

## Fitness Court

- Located between the North and South Gyms.
- **FREE** outdoor fitness court. Access workouts for every fitness level by downloading the app **nationalfitnesscampaign.com/app**.

# STUDENT SUPPORT AND WELL-BEING SERVICES

## Nutrition Services

- Student Health and Counseling Center
- **559.278.2734**
- [studentaffairs.fresnostate.edu/health/wellness/fitness](http://studentaffairs.fresnostate.edu/health/wellness/fitness)
- A **registered dietitian** is available to provide **FREE** individual counseling sessions on a wide range of nutrition concerns, including, but not limited to:
  - General healthy eating tips
  - Review of your current eating habits
  - Weight management and dietary assessment
  - Chronic conditions such as high blood pressure or diabetes
  - Personal goal setting



Stop by the Wellness Wednesday table near the Fountain, every Wednesday at noon to grab a **FREE** piece of fresh fruit and chat with our Registered Dietitian.

## Student Recreation Center

- 5010 N. Woodrow Ave
- **559.278.0780**
- [auxiliary.fresnostate.edu/association/src](http://auxiliary.fresnostate.edu/association/src)
- The Student Recreation Center has two floors of fitness equipment ranging from cardio machines to cable strength training machines to free weights to stretching pieces and fitness equipment like BOSU balls, medicine and stability balls and plyo boxes. Group fitness classes, an indoor track, racquetball courts, tennis table, an aquatic center, and intramural sports.



## Survivor Advocacy Services

- Student Health and Counseling Center
- Can be reached **24 hours a day at 559.278.6796** or by email [survivoradvocate@csufresno.edu](mailto:survivoradvocate@csufresno.edu).
- [fresnostate.edu/survivoradvocate](http://fresnostate.edu/survivoradvocate)
- Survivor Advocates will provide confidential support for those who have experienced sexual assault/misconduct, dating/domestic violence, and/or stalking. Here are the various areas that the Survivor Advocate can provide support in:



- Academic
- Emotional
- Medical
- Reporting
- Safety
- Referrals



- **Healing Hearts** provides a safe and empowering space for students affected by sexual trauma to gain support, connect, and learn coping skills to help with healing. Facilitated by Mindy Kates, LCSW. Dates and times will vary. Call **559.278.3112** or email [mkates@mail.fresnostate.edu](mailto:mkates@mail.fresnostate.edu) to enroll.

# COMMUNITY MENTAL HEALTH SERVICES

## Central Valley Family Therapy\*

559.691.6840, 7170 N Financial Dr, Suite #110, Fresno, CA 93720

## Janz Family Therapy\*

559.825.1205, 6089 N First St, #104, Fresno, CA 93710  
1357 Shaw Ave, Suite 100, Fresno, CA 93711



## Fresno EOC LGBTQ+ Resource Center\* \* \*

559.325.4527, 252 Fulton St, Fresno, CA 93721

## Fresno Family Counseling Center

Monday to Sunday 8 a.m. to 7 p.m.

559.229.3085, 5151 N Palm Ave, Suite #200, Fresno, CA 93704

## Fresno Family Therapy\* \*

559.795.5990, Offers various locations, contact for details



## H. Dan Smith, Ed D, LMFT

559.437.1111, 1060 W Sierra Ave, Suite #104, Fresno, CA 93711

## House Psychiatric Clinic

559.226.1316, 1322 E Shaw Ave, Suite #410, Fresno, CA 93710

## Livewell Behavioral Health Counseling Center\* \*

559.554.9710, 1300 E Shaw Ave, Suite #149, Fresno, CA 93710

## Maldonado Counseling Services\* \*

559.259.7653, 4041, 4035 N Fresno St, Suite #101, Fresno, CA 93726

## University Psychiatry Associates Clinic

### Affiliated with UCSF

Monday to Friday, 8 a.m. to 5 p.m. by appointment only.

Adults, adolescents and children for psychotherapy and/or medication.

559.320.0580, 2210 E Illinois Ave, Suite #401, Fresno, CA 93701

## Psychological Services Center at Alliant International University\*

Monday to Thursday, 9 a.m. to 8 p.m., Friday 9 a.m. to 4 p.m.

Individual, couples, and family counseling.

559.253.2277, 5130 E Clinton Way, Fresno, CA 93727



\* = telehealth, \*\* = se habla español, \*\*\* = LGBTQ, \*\*\*\* = ADHD

# AFTER HOURS

Hotline, Online, and Community Mental Health Services Available 24/7.



Student Health and Counseling Center



**CRISIS TEXT LINE |**



**559.278.2734**

Our after-hours counseling service can be used during moments of crisis and provides brief, solution focused support outside of business hours, during holidays, and weekends. Please be advised, the after hours counselor is not a university employee and cannot make or change an appointment, or answer any non-medical questions related to the Health Center.

**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 is 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 Center.

**988**

Formerly 1.800.273.TALK. The Lifeline provides 24/7 free and confidential support for people in distress and crisis resources for you or your loved ones.

Text and chat options available:  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**741741**

Crisis text line is a free, 24/7 support for those in crisis. Text **HOME** to **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 to 24. TrevorCHAT, TrevorTEXT and TrevorSPACE also available. For more info visit: [www.trevorhelpline.org](http://www.trevorhelpline.org)

# STAY CONNECTED WITH US!

*Follow us and be first to learn about events,  
workshops, and services.*

*Spring 2026*



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