Student Guide to

Mental Health and Well-Being Support



A department in the Division of Student Affairs and Enrollment Management.

Visit us online!

FRESNO STATE.

Student Health and Counseling Center

Counseling Services

Call us: 559-278-2734

Or check out our services online.

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.



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 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.

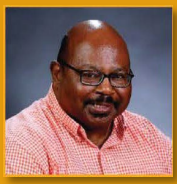
Counseling

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



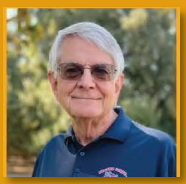
Etisha Wilbon, LMFT
Counseling Director



Jazmin Sarabia, AMFT
Counselor



Rebecca Raya-Fernandez
PsyD. Training Coordinator



Scott Ahies, M.D.
Staff Psychiatrist



Shane Wilson, LCSW
Counselor



Steve Sanchez, LMFT
Counselor



Whitney Rodriguez, LMFT
Counselor



Zafar Sumler, LMFT
Counselor

Self-Care

Self-Care Tips



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



Connect with people around you. Build connections to support and enrich you with family, friends, classmates, and neighbors, at home, work, college, or in your local community.



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.



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:

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.

Self-Care

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 new and overstimulating information.



Self-Care

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 battery is low.

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



Student Support and Well-Being Services

Nutrition Services

- Student Health and Counseling Center 559-278-2734
- Visit their website
- 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
- Visit their website
- 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, a 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.
- Visit their website

Student Support and Well-Being Services

Amendola Family Student Cupboard

- Industrial Technology, Room 114
- 559-278-6621
- Visit their website
- 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 Cal Fresh, a nutrition assistance program that helps individuals and families buy the food they need, are also available at the Student Cupboard.

Bulldogs for Recovery

- 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
- Visit their website
- 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 their app in your app store.

After Hours

Student Health and Counseling Center

- 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 that 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.

Fresno Crisis Stabilization Center (Exodus Recovery)

- 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.

Community Behavioral Health Center

- 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 Suicide & Crisis Lifeline

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

Crisis Text Line (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.

The Trevor Project (1-866-488-7386)

A free and confidential crisis helpline for lesbian, gay, bisexual, transgender and questioning youth ages 13 to 24. For more info visit: www.trevorhelpline.org

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 and/or 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
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
559-320-0580, 2210 E Illinois Ave, Suite #401, Fresno, CA 93701

Psychological Services Center at Alliant International University*
559-253-2277, 5130 E Clinton Way, Fresno, CA 93727

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

Hours vary. Please call ahead to confirm details.

Stay Connected With Us!

Follow us on social media and be the first to learn about events, workshops, and services.

Instagram

Twitter (X)

Facebook

