



Student Health & Counseling

Student Academic Affairs

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The mission of Student Health and Counseling Services is to optimize the physical ^[1] and mental health ^[2] of students in order to help them achieve academic success, personal development and lifelong wellness ^[3].

Clinic Announcements

SHCS Response to Recent Events

Many of our students, faculty and staff have experienced significant distress related to the current political climate. At UCSF, we value our diverse community, support those affected by oppression and discrimination, and remain committed to fostering an inclusive and respectful campus environment. We are here to offer support to all students, regardless of immigration status, country of origin, race or ethnicity, sexual orientation, gender identity, religious affiliation, or ability. If you have been personally struggling with the impact of the current political environment, or are worried about someone you care about, below are campus resources to help support you.

Campus Resources for Support:

- Faculty Staff Assistance Program ^[6]
- International Students and Scholars Office ^[7]
- Multicultural Resource Center ^[8]
- Student Health and Counseling Services offers free and confidential support for students.
 - Contact Esmeralda Zamudio, Psy.D., Case Manager and Coordinator for Undocumented Student Support Services: 415-476-1281.

- Schedule an appointment with a counselor by calling 415-476-1281.
- For support outside of business hours when SHCS is closed, call 415-476-1281 and press option 2 to connect with an on-call counselor (available 24 hours a day, 7 days a week).
- Student Life ^[9]
- Undocumented Student Support Services ^[10]

Other Resources:

- UCSF Chancellor's Statement in Support of DACA Students ^[11]
- UCSF's Chancellor's Statement on Immigration ^[12]
- UCSF's Policy Regarding Interactions with ICE ^[13]
- UC Undocumented Legal Services Center ^[14]
- What Educators Can Do to Support Undocumented Students ^[15]
- APA Managing Stress Related to Political Change (2017) ^[16]
- UC Undocumented Student Legal Services Post-Election FAQ's ^[17]
- UC Berkeley Undocumented Student Programs Post Election and Immigration Frequently Asked Questions (FAQ) ^[18]

Measles Health Advisory

In light of the recent measles cases in California and elsewhere, now is an excellent time for everyone, particularly those planning international travel, to make sure vaccinations are up-to-date.

Measles starts with fever, runny nose, cough, red eyes, and sore throat. It's followed by a rash that spreads over the body. Measles is highly contagious and spreads through coughing and sneezing.

For all current professional students (Medical, Dental, Nursing, Pharmacy and Physical Therapy) and graduate students enrolled since Fall 2017:

- Go to MyHealthRecord ^[19] to check the immunization summary we have on file for you.
- Your documentation has already been verified to confirm measles immunity per UC system-wide requirements ^[20].

For graduate students enrolled *prior to Fall 2017*:

- **Get the MMR vaccine if you haven't been vaccinated or if you don't have written proof of vaccination.**

MMR vaccination is available at Student Health. For students with UC SHIP, there is no cost. For students without UC SHIP, it is \$123 per dose.

Some local pharmacies will administer the vaccine for students with private insurance plans or Medi-Cal. For those without insurance, MMR vaccine is available at low cost or no cost through the San Francisco Department of Public Health. Find vaccines here. ^[21]

Students are advised to check the CDC Travel Notices before leaving ^[22] on an international trip. Currently, there are measles outbreaks in Israel, Ukraine, Japan, Brazil and Philippines.

For updates on measles nationwide, check CDC Measles Cases and Outbreaks. ^[23]

Do not come into the clinic. Call 415-476-8736 to speak to a Student Health Nurse if you think that you have measles or have been exposed to measles. They will need to take steps to prevent other patients and staff from being exposed before you come in.

Send a message to the Student Health Nurses via MyHealthRecord ^[19] if you need travel advice or have any additional questions.

For More Information:

Centers for Disease Control and Prevention (CDC) ^[24]

California Department of Public Health ^[25]

San Francisco Department of Public Health ^[26]

Online Video Visit Medical Care, Counseling, and Psychiatry

LiveHealth Online:

- Video-based visit with your choice of medical or mental health provider.
- Medical Concern: \$25 copay for UC SHIP enrolled. \$49 for students without SHIP.
- Counselor or Psychiatry: \$15 copay for UC SHIP. Variable for non-UC SHIP.
- Click here to connect to LiveHealth Online. ^[27] Create an account and have your UC SHIP membership numbers (starts with XDP) ready to enter. You may also access LHO from your smartphone by searching for the LiveHealth Online Mobile app.
- Select a provider & schedule!
- Please be ready to enter SHCS's email (shs@ucsf.edu) when logging

in to LHO so your clinical summary is forwarded to your chart for continuity of care.

SoundBytes Podcast^[28]

Episode 3: To Snack or Not to Snack

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UCSF Main Site

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Source URL: <https://studenthealth.ucsf.edu/student-health-counseling-services>

Links

[1] <https://studenthealth.ucsf.edu/healthcare-services/primary-care>

[2] <https://studenthealth.ucsf.edu/healthcare-services/counseling-psychological-services>

[3] <https://studenthealth.ucsf.edu/wellness>
[4] <https://studenthealth.ucsf.edu/sites/studenthealth.ucsf.edu/files/PDF/Medical%20and%20Mental%20Health%20Serv>
[5] <https://studenthealth.ucsf.edu/emergencies-after-hours-care>
[6] <https://hr.ucsf.edu/hr.php?org=c&AT=cm&S=Faculty+and+Staff+Assistance>
[7] <https://isso.ucsf.edu/>
[8] <https://mrc.ucsf.edu/>
[9] <https://studentlife.ucsf.edu/>
[10] <http://undocu.ucsf.edu/>
[11] <https://chancellor.ucsf.edu/blog/defending-daca>
[12] <https://chancellor.ucsf.edu/blog/statement-immigration>
[13] <https://www.ucsf.edu/news/2017/09/408261/ucsf-pledges-continued-support-daca-students-staff-during-town-hall>
[14] <https://law.ucdavis.edu/uc-undocumented/>
[15] <http://www.e4fc.org/whatcaneducatorsdo.html>
[16] <https://www.apa.org/helpcenter/stress-political-change>
[17] http://undocu.ucsf.edu/sites/undocu.ucsf.edu/files/Center_Post-Election_FAQ_01-25-2017.pdf
[18] <http://undocu.berkeley.edu/postelectionfaq/>
[19] <https://myhealthrecord.ucsf.edu/>
[20] <https://studenthealth.ucsf.edu/new-student-immunization-requirements>
[21] <https://www.sfc-dcp.org/immunizations/where-to-get-immunized/>
[22] <https://www.cdc.gov/measles/travelers.html>
[23] <https://www.cdc.gov/measles/cases-outbreaks.html>
[24] <https://www.cdc.gov/measles/index.html>
[25] <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/measles.aspx>
[26] <https://protect2.fireeye.com/url?k=d27b9970-8e3bf426-d27bbe6d-0cc47adb57f0-45d17ad4fa0c2389&u=https://www.sfc-dcp.org/infectious-diseases-a-to-z/measles/>
[27] <https://www.livehealthonline.com/>
[28] <https://studenthealth.ucsf.edu/nutrition-soundbytes-podcast>
[29] <https://startlivehealthonline.com/landing.htm>
[30] <https://studenthealth.ucsf.edu/emergencies-after-hours-care/urgent-care-options>
[31] <https://studenthealth.ucsf.edu/sites/studenthealth.ucsf.edu/files/PDF/Use%20of%20Particulate%20Respirators%20>
[32] <https://studenthealth.ucsf.edu/emergencies-after-hours-care/mental-health-crisis>
[33] <https://www.occupationalhealthprogram.ucsf.edu/ohpClinfo.asp>
[34] https://ucsf.co1.qualtrics.com/jfe/form/SV_9NdmI0Pg3oT28uh
[35] <https://www.dxtreat.com:8443/?userName=home1%40ucsfsh&password=Alef1396%23>
[36] <https://studenthealth.ucsf.edu/spruce>
[37] <https://studenthealth.ucsf.edu/healthcare-services/nutrition-services/sports-nutrition#dehydration>
[38] <https://mrc.ucsf.edu/M>
[39] <http://lgbt.ucsf.edu/>
[40] <https://www.cdc.gov/zika/geo/>
[41] <https://www.cdc.gov/zika/symptoms/index.html>
[42] <http://myhealthrecord.ucsf.edu/>
[43] <http://studenthealth.ucsf.edu/sites/studenthealth.ucsf.edu/files/PDF/CopingWithTraumatic.pdf>
[44] <http://www.apa.org/helpcenter/mass-shooting.aspx>
[45] <http://saa.ucsf.edu/drug-alcohol-policy>