

Health and Psychological Services for UCSD Medical Students

In case of Emergency:

Call 911 or UCSD Campus Police	(858) 534- HELP (4357)
Counseling & Psychological Services (CAPS)	(858) 534-3755
After Hours CAPS (press option #2 for immediate connection to an on-call therapist for assistance by phone)	(858) 534-3755
National Suicide Prevention and Crisis Hotline	1-800-273-TALK (8255)
San Diego County Crisis Line	1-800-479-3339
UCSD Thornton Emergency Department 9300 Campus Point Drive, San Diego 92037	(858) 657-7600
UCSD Hillcrest Emergency Department 200 West Arbor Drive, San Diego 92103	(619) 543-6400
Scripps Mercy Emergency Department 4077 Fifth Avenue, San Diego 92103	(619) 260-7000
Scripps Memorial Emergency Department 9888 Genesee Avenue, San Diego 92037	(858) 626-6150
Sharp Mesa Vista 7850 Vista Hill Avenue, San Diego 92123	(858) 278-4110

Please Note: Student Health Insurance Plan (SHIP) provides 100% coverage at UCSD Emergency Departments and 60-80% coverage at all non-UCSD Emergency Care Facilities. See your plan for more details.

UCSD Student Health Service

(858) 534-3300
wellness.ucsd.edu

UCSD Counseling and Psychological Services (CAPS)

(858) 534-3755
caps.ucsd.edu

**Please identify yourself as a student of the SOM to expedite service. Confidential records are held as protected health information and are not linked with any academic record at the institution.*

Jana Horowitz, Psy.D.

Clinical Psychologist and Liaison to the SOM
(858) 534-3585
jmhorowitz@ucsd.edu

Courtney Peraza, Ph.D.

Clinical Psychologist and Liaison to the SOM
(858) 822-0155
cperaza@ucsd.edu

UCSD SOM, Office of Student Affairs (for support and advising)

858-534-3700
http://meded.ucsd.edu/asa/student_affairs

Peer Group Mentoring

<http://meded.ucsd.edu/groups/peer-mentors>

UCSD Sexual Assault and Violence Prevention Resource Center (SARC)

(858) 534-5793

<http://sarc.ucsd.edu>

American Medical Student Association (AMSA)

<https://www.amsa.org/healingthehealer/index.cfm>

American Foundation for Suicide Prevention

<http://www.afsp.org>

Alcoholics Anonymous - San Diego

(619) 265-8762

aasandiego.org

Narcotics Anonymous - San Diego

619-584-1010

sandiegona.org

UCSD Eating Disorders Treatment and Research Program

858-534-8019

www.eatingdisorders.ucsd.edu

UCSD Center for Mindfulness

(858) 657-7000 (Ask for Center of Mindfulness)

<http://health.ucsd.edu/specialties/psych/mindfulness>