



# Mental Health Support at CDU

## Available Resources & How to Access Them

Currently Enrolled Students (Undergraduate, Graduate & Medical)
<p><b>CDU Counseling Services</b> provides telephonic individual counseling sessions on campus To schedule an appointment, call (323) 563-4925 or email <a href="mailto:counseling@cdrewu.edu">counseling@cdrewu.edu</a></p> <p><b>CDU Student Health and Wellness</b> provides online wellness activities and events <a href="https://www.cdrewu.edu/students/studenthealthandwellness">https://www.cdrewu.edu/students/studenthealthandwellness</a></p> <p>Access to <b>WellTrack</b>, an interactive self-help therapy app to maintain mental health Download in play store or visit <a href="http://www.welltrack.com">www.welltrack.com</a></p> <p>Access to <b>SilverCloud</b>, wellbeing self-help app Download in play store or visit <a href="https://us.silvercloudhealth.com/">https://us.silvercloudhealth.com/</a></p>
Residents
<p><b>CDU Counseling Services</b> provides telephonic individual counseling sessions on campus To schedule an appointment, call (323) 563-4925 or email <a href="mailto:counseling@cdrewu.edu">counseling@cdrewu.edu</a></p> <p>Access to <b>LA County Employee Assistance Program (EAP)</b>. Call (213) 738-4200 or visit <a href="https://hr.lacounty.gov/subsites/EAP/default.htm">https://hr.lacounty.gov/subsites/EAP/default.htm</a></p> <p>Access <b>Behavioral Health Services</b> through individual insurance provider (e.g. Blue Shield, Kaiser, etc.)</p> <p><b>CDU College of Medicine</b> provides online wellness activities and events</p> <p>Access to <b>WellTrack</b>, an interactive self-help therapy app to maintain mental health Download in play store or visit <a href="http://www.welltrack.com">www.welltrack.com</a></p> <p>Access to <b>SilverCloud</b>, wellbeing self-help app Download in play store or visit <a href="https://us.silvercloudhealth.com/">https://us.silvercloudhealth.com/</a></p> <p>Access to <b>AWARE Well-Being Resources</b> designed to promote well-being among residents on demand Download in play store or visit <a href="https://acgme.org/What-We-Do/Initiatives/Physician-Well-Being/AWARE-Well-Being-Resources">https://acgme.org/What-We-Do/Initiatives/Physician-Well-Being/AWARE-Well-Being-Resources</a></p>
Staff & Faculty
<p>Access to <b>Employee Assistance Program (EAP)</b> Call (800) 227-1060 or visit <a href="https://www.mhn.com/members.html">https://www.mhn.com/members.html</a>, company code: charlesdrew</p> <p>Access to <b>Mental Health Services</b> through insurance provider (Kaiser &amp; Aetna)</p> <p>Access to <b>Psychology Today</b>, where you can find Therapists, Psychiatrists, Treatment Centers, &amp; Support Groups Find detailed listings for mental health professionals covered under CDUs insurance providers (Kaiser &amp; Aetna) Visit <a href="https://www.psychologytoday.com/us">https://www.psychologytoday.com/us</a> for more information <i>**Please ensure the service provider you select is covered under your current insurance carrier; If you're under an HMO plan, you will need to get a referral from your doctor**</i></p>
For Emergencies (Campus-Wide)
<p><b>Campus Security</b> can be reached at normal business hours (323) 563-4918 and (323) 326-4859</p> <p><b>Health, Social, &amp; Homelessness</b> call 211 or (800) 339-6993 or visit: <a href="https://www.unitedwayla.org/en/get-help/">https://www.unitedwayla.org/en/get-help/</a></p> <p><b>24/7 Suicide Prevention and Survivor Hotline</b> at: (877) 727-4747 or texting "HOME" to 741741 or call 911</p> <p>Access free healthcare at <b>To Help Everyone Health &amp; Wellness Centers</b> by calling (323) 730-1920 or <a href="https://tohelpeveryone.org/locations/">https://tohelpeveryone.org/locations/</a></p> <p>The <b>MLK Healing and Trauma Prevention Center</b> located inside the Martin Luther King, Jr. Center for Public Health serves children, families, &amp; individuals by connecting them to resources, activities and events Call 323-568-8732 or visit <a href="http://publichealth.lacounty.gov/CHS/SPA6/index.htm">http://publichealth.lacounty.gov/CHS/SPA6/index.htm</a></p>