

AGGIE CONNECTIONS

— UC DAVIS AGGIE PARENT AND FAMILY ASSOCIATION —



In the Know Newsletter

Translations Available:
Boletín de Padres en Español | 家长通讯中文版

For November, we focused on Mental Health Awareness. The World Health Organization defines Mental Health as a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

Counseling Services

Hi parents of UC Davis students, we are excited to let you know about our services on campus to help address students' mental health needs.

Currently, college students are seeking our campus mental health services at higher numbers than ever in the past. We are up 30% in our service utilization in just the past 5 years. Studies cite that up to 80% of students overall report that they have felt "overwhelmed at some point during their college career." This is normal. However, there is a point where that kind of stress can't be attributed to just academic stress and is instead an indication of a deeper problem. Click the link to learn some signs or symptoms to look for to know if your student is struggling.

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Student emergency aid has new name, improved services



Even students who manage their money carefully can be caught by life's surprises—an accident or illness, losing a job or a place to live. At UC Davis, an emergency assistance program that helps students stay in school in times of crisis now has a new name and more effective services.

Student Emergency Relief Aid (SERA) is the new iteration of We Are Aggie Pride, which had long provided students with quick cash awards to fill gaps not covered by other forms of assistance. As SERA, the program is expanding to more efficiently provide services to students in need. Read the full story below.

[READ THE FULL STORY](#)

Parent to Parent

By Mary Jane Dellaflora, Aggie Parent and Family Council Member

"Tis the Season to be jolly" ... and stressed out, overwhelmed and (possibly) depressed. Aggie life offers plenty of upbeat diversion during this time of year as Fall Quarter draws to a close. Students gather their resources to prepare for finals, while grabbing temporary relief from academic toil at festive study breaks and gatherings. Now and throughout the year, UC Davis also offers Health and Wellness services that address its community members' physical and mental health. Both students and their parents should be aware of the assistance that UC Davis offers. This short article provides some gateway information where they can begin to search for help for a multitude of challenges that students experience during this exciting, worrisome and rewarding time away from home.

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Aggie Parent and Family Council



If you are interested in the opportunity to share valuable feedback and welcome new UC Davis families to campus, please consider volunteering with the Aggie Parent and Family Association through a leadership position with the UC Davis Parent Council. [Click the link to apply!](#)

Immediate Mental Health Resources

Mental Health Acute Services

Mental Health Acute Care Services are available at the Student Health and Wellness Center (SHCS), on LaRue between Hutchison and Orchard, during business hours.



[Click the link to explore their website.](#)

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Online Counseling

For Online Counseling, you can make an appointment with a counselor 24/7 and meet via the web. Note: when you make an appointment, it will ask for a credit card, after you input your information and have your appointment, enter Coupon Code: UCDCOUNSELING, and your session will be free. You can access Live Health Online from any smartphone or tablet using the Live Health Online app or through a desktop computer with a webcam.

Crisis Text Line

Crisis Text Line is a free, 24/7, immediate and confidential texting service for students in crisis. Text RELATE to 741741 from anywhere in the US, to text with a trained crisis counselor. [Learn more below.](#)

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Campus and Community Resources



Each Aggie Matters

Each Aggie Matters offers help dealing with stress related to tragedy. EAM is the campus website for all mental wellness resources. Visit the site access resources for mental wellness, join a supportive campus community and participate in an open and affirming dialogue about mental health.

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Center for Advocacy Resources and Education

A 24/7 emergency response, crisis intervention, and support services to any student, faculty, and staff affected, alongside education and awareness. Their services are on-campus and all resources are confidential. See the full list below.

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Empower Yolo

Empower Yolo offers free confidential counseling services to adult and child survivors of abuse and their family members. They have treatment programs and support groups as well.

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Suicide Prevention for Yolo County

Suicide Prevention Yolo County (SPYC) provides crisis prevention/intervention, education, and community outreach to citizens of Yolo County. They have programs in which volunteers can join community councils to actively participate in opportunities that can aid those interested in suicide prevention/intervention.

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Mental Health Organizations

UC Davis Mental Health Initiative

MHI houses both the UC Davis Mental Health Conference and UC Davis Mental Health Awareness Month, two major events which aim to engage students in de-stigmatization and education efforts, prompt attendees to organize around mental health issues, and offer them the opportunity for self-reflection and healing through mental health discourse.

The Student Mental Health Coalition

SMHC unites the mental health student groups and affiliated student organizations together to advise campus leadership, inform students, reduce stigma, allow for collaboration and promote resource transparency.

National Alliance on Mental Illness

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. As a university chapter, we strive to create a safe space on campus and to de-stigmatize mental illness while promoting mental health.

Winter Break Information

The last meal served in the dining commons will be dinner on December 13. Meals will resume on January 3 for dinner at the Segundo DC, 5- 7 p.m. Tercero and Cuarto DCs will resume operation with dinner at 5:00 p.m. on January 5.

All residence halls will be close at noon on December 14. Residents may not stay in the halls over Winter Break and access to all buildings will be denied, so please remind your students to grab their essentials before they leave!

A few things to do prior to leaving:

- Refrigerator: Remove food items, clean, unplug and leave door open with bowl or towel underneath to defrost
- Remove all trash from room and suite
- Unplug ALL electrical appliances
- Turn off lights and turn down thermostats to the lowest setting
- Close and lock windows, close drapes/blinds and lock your room/suite door



Give the gift of Membership!

Gift a membership in the [Student Alumni Association \(SAA\)](#) to your student.

Networking: SAA provides its members opportunities to connect with influential alumni at various events where they share their experiences and knowledge about careers. [Check out upcoming events.](#)

Service: Philanthropy is a part of the UC Davis culture! Participate in events that give back to the university and the Davis community. [Check out upcoming events.](#)

Traditions: As the tradition keepers on campus SAA works to promote Aggie Traditions. Show your Aggie pride by completing the [50 Aggie traditions!](#)

[GIVE A GIFT](#)

Orientation 2020
Earn \$2000* this week before Fall Quarter begins

Week-long, entry-level leadership position

Work with a team of 600+ Orientation Leaders to positively impact incoming students

Positions accepted on a first come, first served basis

Now Hiring!

[Apply online](#)
orientation.ucdavis.edu

One Aggie Network. Many CONNECTIONS.



UC DAVIS ALUMNI AND AFFILIATE RELATIONS

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