

Training, Education and Resources

Training

UC Riverside offers several opportunities for Faculty/Staff & Graduate Teaching/Research Assistant training related to mental health and wellness. Examples of workshops that can be developed to cater to particular staff and faculty needs include:

Working with Emotionally Distressed Students

Learn common mental health concerns that students may face, how to recognize and respond to students showing signs of emotional distress and how to help within the scope of your role.

Campus Connect: Suicide Prevention and Awareness

Through experiential exercises and frank discussion, learn how to effectively interact with a suicidal student and overcome obstacles that often leave someone in crisis feeling judged, misunderstood, invalidated and dismissed.

Basic Helping Skills

Learn active listening skills to better help and support students on campus.

First Generation College Student Experience

Gain understanding of the experiences of first generation college students, and learn how to provide assistance as they navigate being a college student.

Introduction to Counseling Center Services

Learn about the services that the UCR Counseling Center offers, including services for students and consultation for staff and faculty.

Coping with Loss & Grief

Learn how to support students who are coping with grief and loss through active listening and providing referrals when needed.

Please contact UCR's Counseling Center at 951-827-5531 or visit <http://counseling.ucr.edu/counseling-services/Pages/ConsultationOutreach.aspx> for more information.

Education

Your Guide to Professional Development

“Great teachers do not all have a single style — but they do all have a singular goal: to reach students in ways that have deep and lasting influence on how they think and act throughout their lives and careers.”

—Anonymous

UC Riverside offers a variety of resources for you to leverage when planning your professional development. From personality assessments and skill inventories, to career workshops, we are here to help you map out a plan to help you acquire and develop the skills necessary to advance your career. Let the UCR Core Competencies guide your way, and you're off to a great start.

Having a professional development plan can help you if you are looking to improve your performance on your current job, or expanding your skills in order to apply for a new position. With goal setting at its heart, a professional development plan can help you organize your ideas into a cohesive plan that starts with short-term goals and moves to mid-range and long-term goals. You can then link what you want to achieve, or the competencies you want to develop, with the activities that will help you get there.

Resources on Your Guide to Professional Development include:

- The UCR Core Competencies
- Development Courses and the UCR Competencies
- Your Individual Development Plan
- Professional Development Activities
- Career Planning

Please visit <http://hr.ucr.edu/education/yourguidetoprofdev.html> for more information.

Resources

REFERRAL, RESOURCES & INTERVENTION

Office of the Dean of Students
951-827-6095
<http://deanofstudents.ucr.edu>

Student Affairs Case Manager
951-827-5000
<http://deanofstudents.ucr.edu/emergencycrisis/casemanager.html>
Or 951-827-9359
After hours and holidays:
951-827-8255

Office of the Ombuds
951-827-3213
<http://ombuds.ucr.edu>

**CARE Advocate – Campus Advocacy,
Resource & Education**
951-827-6225
<http://advocacy.ucr.edu>

HEALTH & WELLNESS

Student Health Services
951-827-3031
<http://studenthealth.ucr.edu>

Counseling and Psychological Services
951-827-5531
<http://counseling.ucr.edu>

**Sr. Director Student Wellness Programs
& Services**
951-827-6145

**Student Special Services
(Services for Veterans & Students
with Disabilities)**
951-827-3861
<http://specialservices.ucr.edu>

**The Well – Wellness, Empowerment,
Life & Learning**
951-827-9355
<http://well.ucr.edu>

POLICY & LAW ENFORCEMENT

UCR Police Department
951-827-5222
<http://police.ucr.edu>

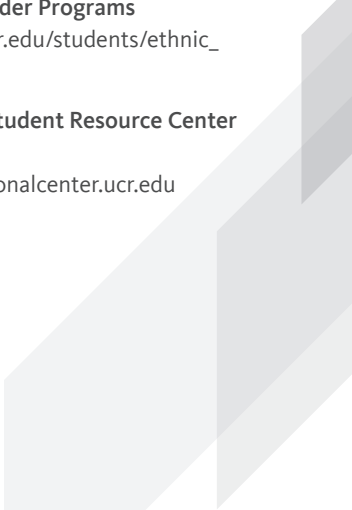
Student Conduct & Academic Integrity
951-827-4208
<http://conduct.ucr.edu>

Title IX – Sexual Harassment Office
951-827-1012
<http://titleix.ucr.edu>

CULTURAL RESOURCES

Ethnic and Gender Programs
https://www.ucr.edu/students/ethnic_gender.html

International Student Resource Center
951-827-4113
<http://internationalcenter.ucr.edu>



FOR POSTDOCTORAL SCHOLARS

<http://www.garnett-powers.com/postdoc/#close>

FOR FACULTY/STAFF

Employee Assistance Program (EAP)

951-781-0510

Designed to offer confidential counseling, referral and other needed services to staff, faculty and their family members

IN THE COMMUNITY

National Suicide Prevention Lifeline

800-273-8255

Riverside Helpline (24 Hours a Day)

951-686-4357

Riverside Community Hospital

951-788-3000

Riverside County Medical Center

951-486-4000

Riverside Area Rape Crisis Center

951-686-7273