

All You Need to Know about Your Student Resources

What services are open during Covid-19

Highlighting CAPS, Student Health Services, UC SHIP, OASIS, The Writing Hub, Undocumented Student Services, Basic Needs, and Financial Aid

Counseling & Psychological Services (CAPS)

CAPS is FULLY operational and remains open for services.

- Appointments for students new to CAPS: Please call 858-534-3755 to schedule a Brief Tele Assessment (BTA) to start working together.
- Appointments for students currently CAPS clients: All sessions are being moved to video or phone counseling. Reach out to your own provider to assist with any urgent need via the MyChart app

**Contact CAPS
during regular
business hours at:**

**Phone Number:
858-534-3755**

For more information:

<https://caps.ucsd.edu/update>

Student Health Services (SHS)

- SHS is open for the following: Labs, X-Ray, Pharmacy, Urgent Care, Nurses Clinic, and Groups 1-4
- Encouraged to call 858-534-3300 or contact the SHS Advice Nurse through MyStudentChart before coming in or for any questions
- Telehealth: Option of using MyChart Video Visit which allows you to have a virtual appointment with a Student Health provider using your smart phone or tablet through the MyChart App.

Contact SHS during
their business hours
at:

Phone Number:
858-534-3300

For more information:

<https://wellness.ucsd.edu/studenthealth/services/Pages/Online-Visits.aspx>

UC SHIP - Student Health Insurance Plan 2019-2020

- UCSD SHIP provides coverage for COVID-19 testing at 100%.
- If you are experiencing symptoms, contact SHS at their number or send a message through the MyStudentChart app
- Referrals needed for any provider outside of Student Health on campus, please call Insurance at 858-534-2124 for assistance on getting information on how to find contracted providers. No referral is required for urgent care, emergency room, dental, or vision care.

**Contact SHS during
regular business
hours at either:**

**Phone Number:
858-534-2124**

**Email:
SHIP3@ucsd.edu**

For more information:

<https://wellness.ucsd.edu/studenthealth/insurance/Pages/default.aspx>

Office of Academic Support and Instructional Services (OASIS)

- The physical OASIS office space is currently closed until further notice
- OASIS is offering the following resources for Spring 2020:
 - Professional Staff Appointments
 - 1-on-1 Mentor Sessions
 - Academic Resource Workshops (with some 1-on-1 appointments)
 - Math, Chemistry, Physics, Biology
 - MCWP (Muir), DOC (Marshall), MMW (ERC)

**Contact OASIS at
(will get back to you
in 2 business days:**

**Email:
oasis@ucsd.edu**

For more information:

**[https://oasis.ucsd.edu/covid19-
folder/index.html](https://oasis.ucsd.edu/covid19-folder/index.html)**

The Writing Hub @ Teaching + Learning Commons

- Writing support services are fully functional online
- Online 1-on-1 Writing Consultations:
 - Real-time doc sharing & "live" conversation using video-, audio-, and text-based chat
 - Undergraduate consultations are 30 minutes. Undergraduate students can book 2 appointments per day (just not back-to-back), and up to 4 appointments per week.

Contact the Writing Hub at either:

Phone Number:

858-246-2110

Email:

writinghub@ucsd.edu

For more information:

<https://writinghub.ucsd.edu/what-we-do/remote-services.html>

Undocumented Student Services

- The physical Undoc space is closed until further notice
- Undoc is offering the following services for Spring 2020
 - Appointments with Program Manager and Assistant Coordinator via Zoom
 - Instant Messaging through Telegram
 - Appointments with their immigration attorney only through Zoom

Contact the
Undocumented
Student Services at:

Telegram App
Email:
undoc@ucsd.edu

For more information:
<https://uss.ucsd.edu/spring-2020-support/index.html>

Basic Needs (The Hub + Triton Food Pantry)

- The Hub offers Food Security, Financial Wellness, and Housing Stability for all registered UC San Diego Students
- The Triton Food Pantry offers a discreet food service (Mobile Pantry coming April 22nd) for all registered UC San Diego students
- Both are open - check their website and social media for the most updated hours
- Encouraged to email and/or fill out their pickup/order forms as available on their websites

Contact the Basic Needs Hub or the Triton Food Pantry at:

Email:

basicneeds@ucsd.edu

Instagram:

@tritonfoodpantry

For more information:

<https://basicneeds.ucsd.edu/>

Financial Aid & Scholarships Office

- Due to COVID-19, the Financial Aid and Scholarships Office is closed until further notice.
- The Financial Aid and Scholarships Office offers Virtual Counseling through Zoom, available Monday-Thursday 10am-2pm PST
- Required documents can be sent via physical mail or fax
 - Please do not email any documents to the Financial Aid and Scholarships Office for privacy and security purposes

Contact the Financial Aid and Scholarships Office at:

**Email: finaid@ucsd.edu
Zoom Virtual
Counseling**

For more information:
<https://fas.ucsd.edu/>