

# Mental Health Resource Guide

Updated February 2025

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# Basic Needs

**BASIC NEEDS**



## Emergency Grants

Emergency Grant Funds

Basic Needs Emergency Grants can provide financial assistance in the form of emergency grant funds through Financial Aid to support eligible students facing unexpected economic challenges through case management. Students must submit an application for assistance, please follow this link: <https://www.csuchico.edu/basic-needs/application-for-assistance.shtml>

**HEALTH AND WELLNESS**



## Rapid Re-Housing

Basic Needs & Housing Assistance

<https://www.csuchico.edu/basic-needs/resources/housing.shtml>

Basic Needs Rapid Re-housing can provide housing assistance for Chico State students facing displacement or housing instability. The program offers emergency shelter, transitional and permanent housing support, basic needs referrals, off-campus housing guidance, financial wellness support, and legal services via case management. For assistance students must submit an application, please use this link: <https://www.csuchico.edu/basic-needs/application-for-assistance.shtml#https://csuchico.my.salesforce-sites.com/form/?formid=217825>

**COUNSELING SERVICES**



## Wildcat Pantry

Food and Basic Needs Pantry

<https://www.csuchico.edu/basic-needs/resources/pantry.shtml>

The Hungry Wildcat Food Pantry is a food and basic needs pantry for currently enrolled Chico State students that offers a wide assortment of nutritious food products, including local, farm-direct, organic produce and hygiene items like toothbrushes, tampons, condoms, diapers, kitchenware, and soap.

**PREVENTION AND RESPONSE**

### Basic Needs Center

530-898-4098

[basicneeds@csuchico.edu](mailto:basicneeds@csuchico.edu)

Student Services Center,

Room #190 8:00am–5:00pm

Monday-Friday

**CRISIS SUPPORT**



## CalFresh

And other Benefits Assistance \*Medi-Cal\*

If you need assistance enrolling in CalFresh you can make an appointment, please call 530-898-3689 or go to this link: <https://www.chicostatecalfresh.org/get-calfresh>

# Health and Wellness

## BASIC NEEDS



### The WREC

Recreation Center

<https://as.csuchico.edu/wrec>

The WREC provides students with access to resources and activities like Group Exercise, Personal Training, Aquatics, Climbing Gym, MAC Court, Safety Courses, and Recreational Sports to promote physical health, leisure, fun, and overall wellness.

## HEALTH AND WELLNESS



### The Well

Wellness Center

<https://as.csuchico.edu/wellness>

The Well promotes relaxation, mental well-being, and a peaceful environment for students, offering amenities like Nap Pods, Hydromassage Lounge, Massage Chairs, Quiet Spaces, Programming Areas, Meditation, Yoga Classes, Mental Health Counseling, Creative Space, Lactation Lounge, Sensory Space, Prayer and Reflection Area, Blood Pressure Monitoring, and Massage Therapy.

## COUNSELING SERVICES



### WellCat Health Center

Out-Patient Clinic

[www.csuchico.edu/healthcenter/](http://www.csuchico.edu/healthcenter/)

WellCat Health Center is an out-patient clinic providing medical services, including treatment for acute conditions, injuries, and illnesses. The center is staffed with providers, nurses, and support staff trained in gender-affirming care best practices, ensuring inclusive and comprehensive healthcare for all students.

530-898-5241

601 Warner Street

M, T, Th, F - 8:00am - 5:00pm

Wednesday: 9:30am - 5:00pm

## PREVENTION AND RESPONSE

## CRISIS SUPPORT



### TimelyCare

Free Telehealth Service for Students

<https://app.timelycare.com/auth/login>

TimelyCare offers 24/7 virtual healthcare services to all current Chico State students, ensuring healthcare wherever you are in the U.S. This includes afterhours, holidays, winter breaks, and summer breaks. Common appointment reasons include cold symptoms, flu symptoms, sore throats, rashes/dermatology, bladder infections (UTI), and more, such as allergies, burns, ingrown toenails and diarrhea.

**App registration:** Download and login with your school '.edu' email

**Website registration:** go to [timelycare.com/chico](https://www.timelycare.com/chico) and use your CSU username and password.

# Counseling Services

## BASIC NEEDS



### WellCat Counseling Center

Counseling Center

[www.csuchico.edu/counseling/](http://www.csuchico.edu/counseling/)

WellCat Counseling Center provides counseling services to support students' emotional well-being and mental health. Services offered include Individual Counseling, Group Counseling, Consultations, Outreach & Workshops, Peer Coaching, Crisis Services. These services address various emotional and mental health needs to enhance students' psychological well-being.

**530-898-6345**

Monday and Wednesday 8:00am-6:00pm  
Tuesday, Thursday, Friday 8:00am-5:00pm

## HEALTH AND WELLNESS

## COUNSELING SERVICES



### Counseling Training Clinic

CTC offers free individual, group, family and couples counseling

<https://www.csuchico.edu/psy/counseling-training-clinic.shtml>

The Counseling Training Clinic is operated by the CSU, Chico psychology department's Marriage and Family Therapy (MFT) graduate program. All graduate students are supervised by licensed department faculty. Services are offered in person only.

[ctc@csuchico.edu](mailto:ctc@csuchico.edu)

**530-898-5149**

**Office is on campus - AJH111**

Monday to Thursday: 8:00am-8:00pm,  
Friday 8:00am-5:00pm

Open only during the semesters,  
closed for all campus observed holidays

## PREVENTION AND RESPONSE



### UMatter

Mental Health Outreach Center

[www.csuchico.edu/umatter/index.shtml](http://www.csuchico.edu/umatter/index.shtml)

## CRISIS SUPPORT

UMatter is Chico State's mental health outreach program, aimed at eliminating stigmas and promoting positive mental health practices, particularly through bystander intervention and suicide prevention efforts. There is an internship associated with U Matter, for more information on U Matter internships please go to the link:

<https://www.csuchico.edu/umatter/what-we-do/intern-blogs.shtml> or contact at [umatter@csuchico.edu](mailto:umatter@csuchico.edu)

# Prevention and Response

## BASIC NEEDS



### I Can Help

Suicide Prevention Training Workshops

<https://www.csuchico.edu/counseling/services/i-can-help.shtml>

ICANHELP offers free suicide prevention training designed for students, faculty, staff, and non-mental health professionals to assess, assist, and prevent suicide among peers and the community. These programs are offered in person and online several set times throughout the semester.

## HEALTH AND WELLNESS

## COUNSELING SERVICES

## PREVENTION AND RESPONSE

## CRISIS SUPPORT



### CARE

Campus Assessment Response and Evaluation Team

[https://cm.maxient.com/reportingform.php?CSUChico&layout\\_id=](https://cm.maxient.com/reportingform.php?CSUChico&layout_id=)

CARE is an early response team that receives reports of concerning behavior, conducts investigations, assesses threats, and acts with community resources for early intervention and threat assessment. Anyone at Chico State can use CARE for anyone associated with Chico State. For example, a student sending a concern about another student.

530-898-5093  
[care@csuchico.edu](mailto:care@csuchico.edu)



### WellCat Prevention

Includes Peer-to-Peer Support

<https://www.csuchico.edu/prevention/>

Wellcat Prevention is committed to providing educational programs and services to the students of CSU Chico WellCat, for example assessing substance use habits or establishing and maintaining goals for change. If you are interested in scheduling a meeting to find out more, would like to request one of their services please send them an email at [prevention@csuchico.edu](mailto:prevention@csuchico.edu) or call them at 530-898-6450.

# Crisis Support



## BASIC NEEDS



### WellCat Safe Place

Confidential Service Center

[www.csuchico.edu/safeplace/](http://www.csuchico.edu/safeplace/)

WellCat Safe Place provides confidential support services to Chico State students affected by sexual assault, intimate partner abuse, sexual exploitation, stalking, and harassment. Their survivor-centered approach promotes empowerment, intersectionality recognition, advocacy, leadership development through internships, and restorative healing, with a commitment to student safety and well-being.

530-898-3030

[safeplace@csuchico.edu](mailto:safeplace@csuchico.edu)

Counseling Center-Student Services Center, #430

Monday-Friday: 8:00 a.m. - 5:00 p.m.

## HEALTH AND WELLNESS

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## CRISIS SUPPORT



### Helplines

24-Hour Crisis Phone Services

[www.csuchico.edu/counseling/services/emergency.shtml](http://www.csuchico.edu/counseling/services/emergency.shtml)

These emergency helplines provide around-the-clock access to trained counselors for immediate assistance during crises situations.

### Chico State 24-7 Crisis Counseling

530-898-6345,

then press prompt 2 to speak  
to a counselor

National Phone Number: 988

National Text Number: 741-741

If you are having a mental health crisis and are in the Chico area, you also may call Butte County Behavioral Health (also 24/7) at 1-800-334-6622 or 530-891-2810.

### ProtoCall service

This is a 24-7 Crisis Counseling Service with a toll-free number, same as above, but a direct line. You may briefly be put on hold, but eventually you will be able to talk to a person for support.

Toll-Free Crisis Service: 855-530-6802