Counseling and Psychological Services (CAPS) offers individual and relationship counseling, as well as groups and classes, crisis intervention, case management and psychiatry services.

WHAT TO EXPECT
Much like what would happen when you arrive for your first medical visit, at your first counseling visit you will:

- Complete a questionnaire, survey and consent.
- Meet with a member of our staff to create a treatment plan to best match your needs.
- Put your plan into action!

Let's Talk is a FREE and anonymous drop-in mental health service. Located in Kremen Education 397 and Industrial Technology 242.

Monday through Thursday 11 a.m. to 2 p.m.

For more information, visit: fresnostate.edu/health/counseling

Available Groups

- HER (Women’s)
- Meditation
- Him
- Relationships
- R.I.O. (Recognition, Insight, Openness)
- S.M.A.R.T. (Strategies to Manage Anxiety and Reduce Tension)
- SHIFT

Ask your counselor how to get enrolled or complete the interest form on the Counseling Services Group Counseling webpage.
Counseling and Psychological Services
College can be a stressful time, but we are here to help!

Scott Ahles, M.D.
Staff Psychiatrist

Zenaida Cruz, LMFT*
PCC Registered Associate

Marie Haroutinian, CRC

Diana Karageozian, LCSW
Clinical Case Manager

Bruce McAlister, Ph.D.
LCSW

Myrna Pacheco, LMFT*

Josie Rangel, LCSW*

Rebecca Raya-Fernandez, Psy.D.

Steve Sanchez, LMFT

Malia Sherman, Psy.D.
Director, CAPS

Leslie Weiser, Psy.D.

*Se habla español.
Five Ways to Well-Being

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Connect with the people around you. With family, friends, classmates and neighbors. At home, work, college or in your local community. Think of these as corner stones of your life and invest time into developing them. Building these connections will support and enrich you everyday.

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savor the moment, whether you are walking to the class, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Try something new. Rediscover an old interest. Sign up for that course or read around your subject. Download a new app. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favorite food. Set a challenge you will enjoy achieving. Learning new things will boost confidence as well as being fun.

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Join a sports club or team. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy that suits your level of mobility and fitness.

For more ways to well-being check out Greater Good in action at ggia.berkeley.edu. Science-based practices for a meaningful life, curated by the Greater Good Science Center at UC Berkeley in collaboration with HopeLab.
The Work it Out! Program is designed to encourage current Fresno State students to uphold a healthy lifestyle; utilizing physical activity as a means for improving and maintaining good mental health. The program is facilitated by trained peer mentors. Their role is to offer guidance and support, to be a workout buddy.

**Program Description:**
Participants of the Work it Out! (WiO) get paired up with a peer mentor based on shared availability and physical activity interests. WiO participants meet with their assigned peer mentor for 10 hour long sessions.

Individuals interested in the WiO Program can request a referral from their counselor or care provider, then schedule an appointment at the front desk to meet with the WiO program coordinator to complete the enrollment paperwork. Once assigned, their peer mentor will reach out to confirm the first meeting time. During the first meeting, participants will discuss their physical activity interests and create a plan for the remaining sessions.

Peers and participants will meet on campus or in the Rec Center for ten total sessions that include any form of physical activity they enjoy, from strength training to group fitness to walking around campus.

Interested in participating?
Ask your counselor for a referral!
Career Services/Student Employment
Thomas Building Room 103
559.278.2381
fresnostate.edu/careers
Career counselors provide career counseling, facilitate job search workshops, and host career fairs.

Financial Aid Office
Joyal Administration Room 296
559.278.2182
fresnostate.edu/financialaid
Assists students in the process of applying for and receiving financial assistance available from federal, state and institutional sources.

Veterans Services
Joyal North Lobby Room 121
559.278.7030
fresnostate.edu/veterans
Benefits information. Connections to on and off campus resources and referrals.

Dream Outreach Center
University Center Room 125
559.278.5750
fresnostate.edu/dreamcenter
Application assistance. Immigration resources and referrals. Scholarship referrals.

Dream Success Center
Joyal Room 224
559.278.1554
fresnostate.edu/dreamcenter
Services for current Dream students of Fresno State.

University Advising Services
Joyal Room 224
559.278.1787
fresnostate.edu/advising
Provides academic advising services for students. To make an appointment call, drop by or book online by logging into your CSU portal and click on GradesFirst (Academics) link.

Learning Center
Library Basement
559.278.1787
fresnostate.edu/studentaffairs/lrc
The Learning Center facilitates a variety of programs and services to meet the educational needs of students including academic success workshops and free tutoring in high demand subject areas for individual and small groups.

Services for Students with Disabilities (SSD)
Library Room 1202
559.278.2811
fresnostate.edu/ssd
Academic support, counseling, registration assistance, blue curb parking, orientation and advocacy for students with disabilities with.

Student Support Services Program (SSP)
Lab School Room 9
559.278.5725
fresnostate.edu/studentsupport
Serves first generation, low income, and disabled students. Provides academic support services to help participants remain in college and reach the goal of graduation.

Cross Cultural and Gender Center
Thomas Building Room 110A
559.278.4435
fresnostate.edu/studentaffairs/ccgc
A safe space providing internships, and volunteer opportunities, support and discussion groups, and peer mentoring and referral services for students in the University community.

International Student Services and Programs
Kremen Education Room 140A
559.278.2782
fresnostate.edu/issp
Admissions, advising, advocacy and programming support.
**Campus Resources**

**Money Management Center**
Thomas Building, Room 104
559.278.2381
fresnostate.edu/moneycenter
Provides education, financial counseling, tools, and solutions for Fresno State students to achieve greater financial independence.

**Bulldog Express**
2311 E Barstow Ave, Fresno
559.278.2950
bit.ly/FS_Shuttle
Free campus shuttle service for students, faculty and staff. Operates: Monday through Friday from 7am to 10pm, during the fall and spring semesters.

**Fresno Area Express (FAX)**
2223 G Street, Fresno
559.621.RIDE (7433)
fresno.gov/transportation/fax/
Fresno Area Express (FAX) City Buses Ride FAX for FREE! Student, staff and faculty swipe your Bulldog Card to ride FAX for free.

**V-Line**
425 East Oak Street, Visalia
1.877.404.6473
ridevline.com
V-LINE provides affordable, convenient, and easy-to-use shuttle service between Visalia and Fresno six times per day, seven days per week, with trips leaving Visalia as early as 4 a.m.

**CARE Team**
Student Health & Counseling Center
559.278.6777
bit.ly/CAREteam
Connect students with significant personal struggles, in distress, or students of concern that may benefit from additional support or resources to the CARE Team.

**Campus Victim Advocate**
Student Health & Counseling Center
559.278.6796
fresnostate.edu/victimadvocate
Provides confidential support, resources and referral services. Email: victimadvocate@csufresno.edu

**Food Security Project**
2255 East Barstow, Room 144
559.278.6621
fresnostate.edu/foodsecurity
The Food Security Project has several initiatives including the Fresno State Student Cupboard which provides free food and hygiene items for students and CalFresh application assistance.

**Good Samaritan Fund**
Student Health & Counseling Center
goodsamaritan@mail.fresnostate.edu
bit.ly/apply4funds
Fund to assist Fresno State students experience an unforeseen financial emergency or catastrophic event. Application and eligibility information available on the website.

**Project HOPE**
Student Health & Counseling Center
559.278.6736
fresnostate.edu/projecthope
A case management program where students get support and help with accessing services on and off campus. Our focus is on basic needs and making sure students have the resources needed to succeed in college.

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If you’re ever worried about where you are going to sleep or get your next meal, please contact Project HOPE.
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<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>City, State</th>
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<tbody>
<tr>
<td>Wanda K. Gordon McIntosh, LCSW</td>
<td>559.917.0991</td>
<td>5588 N Palm Ave</td>
<td>Fresno, CA 93704</td>
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<tr>
<td>Douglas A. Graves, Psy.D</td>
<td>559.449.2731</td>
<td>7170 N Financial Dr, Suite 102</td>
<td>Fresno, CA 93720</td>
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<tr>
<td>Mel Hamel, Ph.D</td>
<td>559.355.5004</td>
<td>5151 N Palm Ave</td>
<td>Fresno, CA 93704</td>
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<tr>
<td>Jagmeet K Chann, MD, Psychiatrist</td>
<td>559.449.8060</td>
<td>6089 N First St, Suite 101</td>
<td>Fresno, CA 93710</td>
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<tr>
<td>Virginia Bergstrom, LMFT</td>
<td>559.440.0980</td>
<td>5588 N Palm Ave</td>
<td>Fresno, CA 93704</td>
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<tr>
<td>Richard B King, Ph.D</td>
<td>559.227.1977</td>
<td>1130 E Shaw Ave, Suite 105</td>
<td>Fresno, CA 93710</td>
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<tr>
<td>Sonja Hill, LMFT</td>
<td>559.228.8537, 559.549.6150 (Visalia)</td>
<td>5151 N Palm Ave</td>
<td>Fresno, CA 93704</td>
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<tr>
<td>Lacey Horsman, LMFT</td>
<td>559.824.8403</td>
<td>1500 Shaw Ave, Suite 400</td>
<td>Fresno, CA 93711</td>
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<tr>
<td>Diane Book, LMFT</td>
<td>559.691.7088</td>
<td>1357 West Shaw Ave, Suite 100</td>
<td>Fresno, CA 93711</td>
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<tr>
<td>H. Dan Smith, Ed D, LMFT</td>
<td>559.437.1111</td>
<td>1060 West Sierra Ave, Suite 104</td>
<td>Fresno CA 93711</td>
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<tr>
<td>CME Wellness Center</td>
<td>1702 E. Bullard Ave, Suite 103</td>
<td>Fresno, CA 93710</td>
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<tr>
<td>Maria Martinez, LCSW</td>
<td>559.906.9488</td>
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<tr>
<td>Kristie Christensen, LCSW</td>
<td>559.304.9804</td>
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<tr>
<td>Flora Esraelian, LCSW</td>
<td>559.355.9966</td>
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<tr>
<td>Urgent Care Wellness Center</td>
<td>559.600.9171</td>
<td>4411 E. Kings Canyon Road</td>
<td>Fresno, CA 93702</td>
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<td>Hours: Monday-Friday 8:00-6:00</td>
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<td>Emergency Room for assessment</td>
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<td>Accepts Medi-Cal For emergencies, go to Fresno Community Hospital</td>
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<td>Off Campus Counseling Referrals</td>
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<td><strong>Community Behavioral Health Center</strong></td>
<td>559.449.8000</td>
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<td>7171 N. Cedar Ave</td>
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<td>Fresno, CA 93720</td>
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<td>24-Hour Crisis Assessment &amp; Hospitalization for adults with acute behavioral/emotional problems</td>
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| **University Psychiatry Associates Clinic** | 559.320.0580 |
| Affiliated with UCSF |
| 2210 E Illinois Ave, Suite 401 |
| Monday-Friday 8:00-5:00, by appointment only. Adults, adolescents & children for psychotherapy and/or medication. |

| **Fresno Family Counseling** | 559.229.3085 |
| 5151 N. Palm Ave, Suite 200 |
| Fresno, CA 93704 |
| Monday-Friday 8:00-7:00 |

| ***Psychological Services Center** | 559.253.2277 |
| @ Alliant University |
| 5130 E. Clinton Way |
| Fresno, CA 93727 |
| Monday-Thursday 9:00-8:00, Friday 9:00-4:00 |
| Individual, couples, family counseling |

| ****Clinica Sierra Vista** | 559.457.5800 |
| 1945 N Fine Ave, Suite 116 |
| Fresno, CA 93727 |
| www.clinicasierravista.org |

*ADHD services
**Medical, dental and behavioral health services

SAMHSA Treatment Referral Helpline 1.800.662.HELP (4357)
Off-Campus Resources

Addiction Resources
Valley Recovery Center of California
877.219.4297
valleyrecoveryfresno.com

Fresno New Connection
559.248.1548
fresnonewconnections.com

Eating Disorder Center of Fresno
edcfresno.org

Eating Recovery Center
Services and free support groups.
559.492.6881
eatingrecovery.com

Westcare California
559.237.3420
westcare.com/california

Bulldogs For Recovery
Community resources for students in recovery.
559.278.6739
bit.ly/BulldogsforRecovery

Grief/Loss
Hinds Hospice Center for Grief and Healing
Patient care and grief support.
Fresno Center: 559.248.8579
Merced Center: 209.383.3123
hindshospice.org

St. Agnes Medical Center
Free grief support groups for patient and family.
559.450.3158

Life After Loss
Adult six session support group.
bit.ly/LossSupport

Fresno Survivors of Suicide Loss
Free support group 2nd Wednesday of each month.
fresnosos.org

LGBT+Information and Support
Trans-E-Motion
Provides support and education to both transgender persons, their family, and friends.
transemotion.com
fresnorainbowpride.com
gayfresno.com

Advocacy Services
Rape Counseling Services
559.222.7273
rcsfresno.org

Marjaree Mason Center
559.233.4357
mmcenter.org

Centro La Familia
559.237.2961
centrolafamilia.org

Additional Resources Online
National Institute of Mental Health
nimh.nih.gov

National Alliance on Mental Illness (NAMI)
namifresno.org

HealthCare Assistance
Covered California
Assistance in selecting and purchasing health insurance and determining eligibility for discounts or the state Medical program.
coveredca.com

The Fresno Center
Services include education, employment linking, social integration, health education, and housing. Assistance for Southeast Asian, Russian, Somali, and Middle Eastern refugees in Fresno County.
559.255.8395
fresnocenter.org
Suicide Prevention

QPR
A Training In Suicide Prevention

Question
Persuade
Refer

Learn to recognize and respond to the warning signs of suicide.

Make a Difference!
Earn a Certificate!

For more information, training dates or to sign up for a training, visit: bit.ly/FSPreventSuicide
If you feel you are in a crisis, whether or not you are thinking about killing yourself, please call the Lifeline. When you call you will hear a message saying you have reached the National Suicide Prevention Lifeline. Your call is confidential and free. Chat option available online here: suicidepreventionlifeline.org

Crisis text line is a free, 24/7 support for those in crisis. Text 741741 to get connected with a crisis counselor within minutes.

A free and confidential crisis helpline for lesbian, gay, bisexual, transgender and questioning youth ages 13-24. TrevorCHAT, TrevorTEXT and TrevorSPACE also available. For more info visit: trevorhelpline.org

Fresno Crisis Stabilization Center provides crisis intervention, assessment, medication management, therapy and social assistance referrals for food, housing, transportation and healthcare assistance.

Community Behavioral Health Center The largest psychiatric care facility in the area providing 24-hour adult inpatient psychiatric care. Students in need of after hours mental health services should go to Community Behavioral Health.

Don't forget, Fresno State students ride the FAX bus for free with your I.D.