



UCI Office of Wellbeing

FREE Mental Health Check-in for UCI Faculty and Staff

FREE VIRTUAL ONE-ON-ONE SESSIONS



Choose a 30-minute mental health check-in for:

- support
or
- anxiety and depression screening

Sessions are held with the Faculty and Staff Support Services Coordinator.

Both options will be followed by recommendations and referrals to improve your mental health, and you will learn about available resources.

[Click here](#) or scan the QR code to register:

