**UNIVERSITY OF CALIFORNIA, IRVINE**

**COUNSELING RESOURCE SHEET**

We appreciate your time and efforts as a participant in our study. We hope that you found your experience as a participant enjoyable and interesting. However, we acknowledge that some of the questions we asked are of a sensitive nature. Thus, we understand that you may have experienced some psychological discomfort during the study. Please contact the lead researcher, [NAME], at [CONTACT INFO] if you have any other questions or concerns. Also, below is a list of resources that are available at low or no cost to help you deal with your feelings/concerns. We hope that you will take advantage of these resources if necessary.

*Instructions: Below is a list of resources available for both UCI participants and community participants. Please include only the resource(s) that are applicable to the study.*

**UCI COUNSELING CENTER**

Available for: UCI Students, Faculty, and Staff

Location: Student Services I, Room 203

Hours: 8am to 5pm, Monday through Friday

Phone: (949) 824-6457

Website: <http://www.counseling.uci.edu/>

**HELP CENTRAL**

Available for: UCI Students, Faculty, and Staff

Phone: (949) 824-0440

Hours: 8am to 5pm, Monday through Friday

**CASCADE CENTERS, INC.**

Available for: UCI Faculty and Staff

Hours: 24 hours a day, 7 days a week

Phone: 1 (800) 433-2320

Website: [www.cascadecenters.com](http://www.cascadecenters.com)

**UNITED WAY INFORMATION & REFERRAL SEARCH (211 Orange County)**

Available for: All Study Participants

Hours: 24 hours a day, 7 days a week

Phone: 211

Alternative Phone: 1 (888) 600-4357

Alternative Phone: (949) 646-4357

Website: [www.211oc.org](http://www.211oc.org)

**NATIONAL SUICIDE PREVENTION LIFELINE**

Available for: All Study Participants

Hours: 24 hours a day, 7 days a week

Phone: 1 (800) 273-TALK (8255)

Website: <http://www.suicidepreventionlifeline.org/default.aspx>

**ORANGE COUNTY (NC) RAPE CRISIS CENTER**

Available for: All Study Participants

Hours: 24 hours a day, 7 days a week

Phone: 1 (866) WE LISTEN (935-4783)

Website: <http://www.ocrcc.org/crisis_line.html>