Resources for Students Impacted by the Conflict in Israel & Palestine

Deans of Student Affairs are available to provide support and referrals to on and off-campus resources:

- Sherry Mallory, Revelle College - smmallory@ucsd.edu
- Jason Thibodeaux, Muir College - jjthibodeaux@ucsd.edu
- Amber Vlasnik, Marshall College - avlasnik@ucsd.edu
- James C. Smith, Earl Warren College - jcs004@ucsd.edu
- Mario Garibay, Eleanor Roosevelt College - magaribay@ucsd.edu
- Diane LeGree, Sixth College - dlegree@ucsd.edu
- Josh Brimmeier, Seventh College - jbrimmeier@ucsd.edu
- Sarah Gallenberg, Eighth College - sgallenberg@ucsd.edu

Additional Support Resources

Students seeking immediate mental health and coping support are encouraged to reach out to Counseling and Psychological Services (CAPS). CAPS provides free, confidential counseling and crisis services and community forums for registered UC San Diego students and can be reached at (858) 534-3755.

International Students - CAPS & ISPO Community Support Hour

When: Thursdays 3-4pm
Location: In-Person (odd weeks) at Eucalyptus Grove behind ISPO Office on 11/2, 11/16, 11/30; via Zoom (even weeks), https://uchealth.zoom.us/j/84437157831 on 11/9, 12/7

The Community Support Hour for International Students is a collaboration between CAPS and ISPO to provide a support space for international students. Build community, connect with other international students, prioritize your well-being and mental health, navigate challenges and strategize ways to thrive, and learn about campus resources. Depending on the week, we’ll do mindfulness & meditation exercises, arts & crafts, etc. Light snacks and refreshments will be provided. This workshop will be held in-person on Odd Weeks of the quarter and via Zoom on Even Weeks of the quarter.

Contact(s): Lori Weiner, LCSW (CAPS); lweiner@ucsd.edu

Grief and Loss Support Forum for Undergraduate Students

When: Mondays 3-4pm, Week 2 (10/9) – Week 8 (11/20)

This is a support forum for students who wish to work through grief and loss related to death of a loved one. The journey is different for each person; there is no single pattern for grief. Topics are determined by group participants and can include sharing, giving and receiving support, common physical and emotional reactions, self-compassion, and emotional resilience. This is a drop-in forum and students are welcome to join each week or as it fits their needs and schedules.

Contact(s): Gila Cohen, MSW, LCSW; g2cohen@health.ucsd.edu
Muslim Community Support Hour
When: Wednesdays 10-11am, Weeks 2 (10/11) – Week 10 (12/6), except 11/22 & 11/29
A drop-in forum for Muslim-identified students to discuss various issues they are experiencing in a supportive, online environment. Topics may include religion/spirituality, social justice, stress/anxiety/depression, family/cultural pressures, and adjusting to UC San Diego.
Contact(s): Nava Sedaghat, PsyD; nsedaghat@health.ucsd.edu

Social Justice & Self-Compassion
When: Tuesdays 12–1pm, Week 1 (10/3) – Week 10 (12/5), Except (11/21)
Location: in-person at the Cross-Cultural Center (Price Center East, 2nd floor)
A space to discuss and connect with one another on our diverse cultural identities, experiences, intersections, social justice events, and other related recent issues or events on campus or society at large. This workshop includes guided mindfulness exercises to help those in attendance transition back to student life in a more affirming and energized manner. This is a collaborative workshop hosted by CAPS & the Cross-Cultural Center.
Contact(s): David Diaz, PhD; dadiaz@health.ucsd.edu