

After-Hours Care

When the Cowell Student Health Center is closed

NEED TELEHEALTH CARE NOW?

Talk to a healthcare provider anytime, any day with **LiveHealth Online**. No appointment needed except for mental health consultations. Use for common issues like colds, urinary tract infections, fever, & headaches. Psychotherapy and psychiatry are also available.

- LiveHealth is FREE with UC SHIP, & \$59/visit without UC SHIP. Have your insurance card or app handy.
- **Website:** healthcenter.ucsc.edu/services/livehealthonline



NEED AN URGENT CARE FACILITY?

Sutter Health / Palo Alto Medical Westside

- 1301 Mission Street, Santa Cruz
Mon–Sun | 9 AM–5 PM
(X-ray available)
Phone: (831) 458-6310

Sutter Health / Palo Alto Medical Midtown

- 2025 Soquel Ave., Santa Cruz
Mon–Sun | 8 AM–8 PM
(X-ray, CT, MRI)
Phone: (831) 458-5537

Kaiser Urgent Care / (Not for UC SHIP)

- 5615 Scotts Valley Drive, Scotts Valley
Mon–Fri | 10 AM–8 PM
Sat–Sun | 10 AM–6 PM
Kaiser X-ray: Mon–Fri | 8:30 AM–8 PM
Phone: (831) 430-2700

NEED A HOSPITAL?

Dominican Hospital Emergency Room

- 1555 Soquel Drive, Santa Cruz
Phone: (831) 462-7703

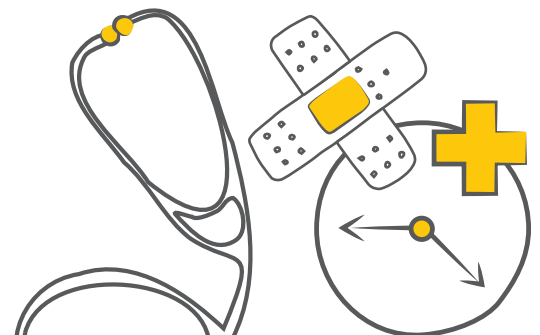
Nearest Kaiser Hospital: Watsonville

- 75 Nielson St., Watsonville
Phone: (831) 724-4741
thrive.kaiserpermanente.org

24/7 NURSE ADVICE LINE

Use when your issue isn't life-threatening and you want advice from a licensed nurse. They will help you decide your next steps.

Phone: (831) 459-2591



Who to Contact for Help After-Hours

NEED MENTAL HEALTH HELP?

CAPS After-Hours Crisis Services

- **(831) 459-2628**

UCSC Campus Mobile Crisis Team

- **(831) 502-9988**

24 Hour Suicide Prevention Service

- **(831) 458-5300 or (877) 663-5433**

988 Lifeline Chat and Text

To text with a crisis counselor, text 988

TELEMENTAL HEALTH APPS



Lyra Health: Mental health services including therapy, coaching, medication management, and self-care resources.

— myucship.lyrahealth.com.

TAO: Exercises to help with mental health concerns.

OnePerfect Shift: Learn to soothe stress, boost motivation or prepare for sleep.

Find a COVID-19 Test: myturn.ca.gov/testing.html

NEED A PHARMACY?

These pharmacies are all located on the West Side/Downtown. Check their websites for more.

Mission Street

- Safeway—**Phone: (831) 420-0785**
- Westside—**Phone: (831) 423-7175**
- CVS—**Phone: (831) 457-2481**

Soquel Ave

- Walgreens—**Phone: (831) 425-3911**

NEED HELP FOR SEXUAL ASSAULT OR DOMESTIC VIOLENCE?

Monarch Services Bilingual Domestic Violence Hotline (Women's Crisis Support/Defensa de Mujeres)

Phone: (888) 900-4232



healthcenter.ucsc.edu

DO YOU HAVE UC SHIP?

UCSHIP
Student Health Insurance Plan

UC SHIP covers after-hours, emergency care, and urgent care visits. View the UC SHIP brochure or Sydney app for the copay fees for off-site care. Here's how it works:

- If you are enrolled in UC SHIP and need non-emergency medical care, you must first go to the Student Health Center (SHC) during business hours.
- If SHC is closed or you have an emergency, go to an urgent care center or a hospital emergency room. Within 24 hours or by the next business day, you need to notify the SHC at (831) 459-2500 to schedule a follow up appointment.

*Follow-up care must be provided at the SHC. A written referral must be provided for continuing off campus care. Services that are not referred by the SHC are not covered.