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

UC SANTA CRUZ | Student Health Services
Dial 911 for Emergencies. Hours and access may change without notice; always call the facility ahead of time.
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

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

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 the stress, boost motivation or prepare for sleep.

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

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

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 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.