

Health and Psychological Services for UC Davis Medical Center's Medical Students, Residents & Faculty

In the event of an emergency, call 911 or go to the nearest emergency room

****Consider contacting your primary care physician if possible****

UC Davis Police Emergency	(916) 734-2555 (Medical Center) (530) 752-1230 (campus)
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Local Suicide Prevention and Crisis Hotlines	(916) 368-3111 (Sacramento) (530) 756-5000 (Davis)
Crisis Chat & Texting-WellSpace Health (not for emergent life threatening situations) https://www.wellspacehealth.org/services/counseling-prevention/suicide-prevention	
Sacramento County Adult Mental Health Services After hours line	(916) 875-1055 (888) 881-4881
Sutter Center for Psychiatry Crisis Intervention Services (24 hours a day, 7 days a week)	(916) 386-3620
Heritage Oaks Hospital 4250 Auburn Blvd. Sacramento, CA 95841	(916) 489-3366
Sierra Vista Hospital 8001 Bruceville Rd. Sacramento, CA 95823	(916) 288-0300
University of California Davis Medical Center Emergency Department 2315 Stockton Blvd., Sacramento, CA 95817	(916) 734-3790
Sutter General Hospital Emergency Services: 2801 L Street, Sacramento, CA 95816	(916) 887-1130
Sutter Davis Emergency Department 2000 Sutter Place, Davis, CA 95616	(530) 757-5111
Mercy General Hospital Emergency Department 4001 J Street, Sacramento, CA 95819	(844) 496-4270
Mercy San Juan Medical Center Emergency Department 6501 Coyle Avenue, Carmichael, CA 95608	(844) 661-8142
Methodist Hospital of Sacramento Emergency Department 7500 Hospital Drive, Sacramento, CA 95823	(855) 510-3563

Health and Psychological Services for UC Davis Medical Center's Medical Students, Residents & Faculty

Woodland Healthcare Emergency Department 1325 Cottonwood Street, Woodland, CA 95695	(855) 796-4835
Kaiser Permanente-Sacramento Emergency Department 2025 Morse Avenue Sacramento, CA 95825	(916) 614-4040
Kaiser Permanente-South Sacramento Emergency Department 6600 Bruceville Road Sacramento, CA 95823	(916) 688-2106
Helpful Resources for Medical Students	
SHCS Counseling Services https://shcs.ucdavis.edu/counseling-services	(530) 752-2349
UC Davis Medical Center Fitness Center (ARC) 2501 Stockton Blvd., Sacramento, CA 95817	(916) 703-5140
Director of Student Wellness - UC Davis School of Medicine Margaret Rea, Ph.D	(916) 703-9355
American Medical Student Association (AMSA) http://www.amsa.org/	
Helpful Resources for Residents and Faculty	
Margaret Rea, Ph.D. Resident and Fellow Counselor mrea@ucdavis.edu http://www.ucdmc.ucdavis.edu/gme/wellness.html	(916) 734-0676
Academic and Staff Assistance Program 2720 Stockton Blvd., Suite 2100 Sacramento, CA 95817 www.ucdmc.ucdavis.edu/hr/hrdepts/asap/	(916) 734-2727
UCDHS Wellness Services Wellness Coordinator: Marina A. Podoreanu, MSW, ASW http://www.ucdmc.ucdavis.edu/hr/wellness/	(916) 734-2760
UC Davis Medical Staff Well-being Committee www.ucdmc.ucdavis.edu/medstaffwellbeing/ Peter Yellowlees, MBBS, MD Office: (916) 734-8581 pmyellowlees@ucdavis.edu	
UC Davis Medical Center Fitness Center (ARC) 2501 Stockton Blvd., Sacramento, CA 95817	(916) 703-5140
UC Davis Health System Workplace Violence www.ucdmc.ucdavis.edu/hr/hrdepts/labor_relations/workplace_violence.html	

Health and Psychological Services for UC Davis Medical Center's Medical Students, Residents & Faculty

General Resources	
American Foundation for Suicide Prevention http://www.afsp.org http://www.doctorswithdepression.org	
The Trevor Project http://www.thetrevorproject.org/	1-866-4.U.TREVOR (866) 488-7386
Mental Health America of Northern California mhanca.org	(916) 366-4600
Alcoholics Anonymous-Sacramento 24-hour helpline aasacramento.org	(916) 454-1100
Narcotics Anonymous-Sacramento 24-hour helpline sacramentona.org	(866) 565-2135
Eating Recovery Center https://www.eatingrecoverycenter.com/recovery-centers/sacramento	(916) 574-1000
WEAVE (sexual assault/domestic violence) 24-hour crisis line http://www.weaveinc.org/	(916) 920-2952