

# AFTER-HOURS CARE

## When the 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](https://healthcenter.ucsc.edu/services/livehealthonline)



**LiveHealth**  
ONLINE

### NEED AN URGENT CARE FACILITY?

#### **Sutter Health / Palo Alto Medical Westside**

1301 Mission Street, Santa Cruz  
Mon–Sun | 8 AM–5 PM  
(X-ray available) 8:30 AM–3 PM  
**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**

#### **Dignity Health Medical Group Urgent Care**

1820 41st Ave., Ste C., Capitola  
Mon–Sun | 8 AM–8 PM  
**Phone: (831) 867-6514**

#### **Doctors on Duty**

615 Ocean St, Santa Cruz  
Mon–Fri 8 AM–6 PM, Sat–Sun 8 AM–2 PM  
**X-ray:** Wed 8 AM–2 PM, Sat 8 AM–1 PM  
**Phone: (831) 425-7991**

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### 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**

Updated: 11/25/2024

# 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



**TAO:** Includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health, wellness, and substance use issues.

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

## NEED A PHARMACY?

### Mission Street

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

### Soquel Ave

- Walgreens—**Phone: (831) 425-3911**

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## NEED HELP FOR SEXUAL ASSAULT OR DOMESTIC VIOLENCE?

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

**Phone: (888) 900-4232**

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## 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**

Find a COVID-19 Test: [myturn.ca.gov/testing](https://myturn.ca.gov/testing)

[healthcenter.ucsc.edu](https://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 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.

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