



## **Counseling Resources**

### **Counseling and Psychological Services (CAPS)**

<http://counseling.ucmerced.edu/>

Phone: (209) 228-4266

Fax: (209) 228-2270

[counseling@ucmerced.edu](mailto:counseling@ucmerced.edu)

### **Risk Services**

[risk.ucmerced.edu](http://risk.ucmerced.edu)

Worker's Compensation

Cindy Zimmerman

Claims Coordinator

Phone: (209) 228-4705

### **Human Resources Main Line**

209-228-8247 (UCHR)

[hr@ucmerced.edu](mailto:hr@ucmerced.edu)

### **Employee Assistance Program**

[Insight](#) - Employees can receive up to three FREE counseling sessions, irrespective of their enrollment in medical plans. Employees may also call Insight EAP at 800-422-5322, or email: [insighteap@insighteap.com](mailto:insighteap@insighteap.com).

### **Optum Behavioral Health**

Employees who are enrolled in any of UC's medical plans may also request counseling services from Optum Behavioral Health by visiting the [Optum website](#) and using access code: 11280. Optum may also be reached by phone at 888-440-8225.

### **Academic Personnel Office**

Phone: (209) 228-7948