Support to Deal with 2020 Presidential Election Stress

***************PLEASE GIVE WIDEST DISTRIBUTION***************

November 2, 2020

TO: Campus Community

FR: Pati Montijo, Ph.D., Licensed Psychologist, Academic and Staff Assistance Program (ASAP) Manager, Human Resources

RE: ASAP Services - Support to Deal with 2020 Presidential Election Stress

The Academic and Staff Assistance Program (ASAP) is holding same day, confidential individual 30-minute therapy appointments from November 2nd to November 6th to offer support for staff, faculty, and PostDoctoral Scholars that may be feeling triggered, overwhelmed, or are in distress as a result of the election.

To schedule an appointment, please use one of the following ways to contact ASAP:

Email: asap@hr.ucsb.edu
Phone: (805) 893-3318 (please leave a voice message)

UCSB Service Now

EDIT: Student mental health services are available at: https://caps.sa.ucsb.edu/