

**UC San Diego's
Disability Resource Hub
Disability Support Guide**



UC San Diego
DISABILITY RESOURCE HUB

Created by Googie Puvvadi-Daniels
with support from Mahari Bennett and Michelle Eastman
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Have questions, comments, or concerns about this resource?

Email us at disabilityhub@ucsd.edu

Introduction to DRH Support Guide

- This resource guide was created to help you navigate all the disability-related resources available at UC San Diego. We know that finding the right support can sometimes feel overwhelming or even hard to find, so our hope is that **this guide serves as a centralized starting point to help you connect with resources that can support your academic success, well-being, community, and overall student experience.**
- At the Disability Resource Hub, we believe every student deserves equitable access to education and a sense of belonging. We also recognize that there is no one way to experience disability. Whether you identify as disabled, are exploring accommodations for the first time, have a chronic illness, mental health condition, learning disability, neurodivergence, or another disability experience, we hope this guide helps you find the support, connection, and resources that are right for you and ultimately help you thrive here at UC San Diego.
- ***Important note: This is a living document that will be updated periodically.***

How to Use this Guide

- **For a quick overview of disability resources,** check out the “At A Glance” tables in the first half of this guide.
- **To find and learn more specific resources,** jump to “Resource Index.” You will find a table of resource groups as well as an alphabetical list of all disability- and identity-related resources on campus.

DRH Tip!

Look for text boxes like this on certain pages for tips, tricks, and reminders from the DRH Team.

At A Glance - Tables & Quick Guide

- This portion of the Resource Guide is intentionally brief. **For a more in-depth review of the referenced resources, be sure to see the Resource Index.**

Table: On-Campus Disability Resources

Resource	Brief Description	Contact Information	Learn More! Resource Index
ADA Coordinator	monitors compliance with the Americans with Disabilities Act to address physical accessibility matters and partners with campus constituents to chair the ADA Title II Committee.	Email: adacoordinator@ucsd.edu	Page #
Counseling and Psychological Services (CAPS)	provides confidential counseling and psychiatry services for registered UC San Diego students.	Phone: 858-249-0030 Request appointment via MyStudentChart Location: Triton Health and Wellness Building, Triton Tower	
Disability Counseling & Consulting (DCC)	providing disability management and job accommodation consultation services to UC San Diego faculty and staff who have documented disabilities	Email: hrdcc@ucsd.edu Phone: (858) 534-6744 Location:	

Resource	Brief Description	Contact Information	Learn More! Resource Index
Disability Resource Hub (DRH)	brings people together to foster disability culture, community, pride, and belonging through education, resources, programming, and partnerships	Email: disabilityhub@ucsd.edu Location:	
Office for Students with Disabilities (OSD)	coordinate tailored accommodations to meet each student's unique needs	Phone: 858.534.4382 Email: • osd@ucsd.edu (general email) • deaf-hohrequest@ucsd.edu (requests for deaf/hard of hearing services)	
Student Affairs Case Management Services (SACM)	providing non-clinical case management support to undergraduate, graduate, and professional students.	Email: SACM@ucsd.edu Location:	
Student Health & Well Being: The Zone	a lounge for student well-being designed to promote healthy, balanced living to UCSD students. The Zone works to	Email: Location: Price Center Plaza	

Resource	Brief Description	Contact Information	Learn More! Resource Index
	support students within the 8 Dimensions of Wellness and offers free programs		
Student Health Services (SHS)	offers a comprehensive range of quality medical services tailored to meet the diverse needs of our student community.	Location: Triton Health and Wellness Building, Triton Tower	
Triton CORE: Compassionate Response Team	provides a mobile crisis response to support individuals experiencing a behavioral health crisis on the UC San Diego Campus.	<u>How to Request Triton CORE:</u> 1. Call UCSD Police Department Dispatch: 858-534-4357 2. Be sure to request the Triton CORE team and be ready to answer a few basic safety questions.	
The Engaged Teaching Hub	promotes faculty and student success through services that support educators in their teaching roles	Phone: (858) 246-0628 Email: engagedteaching@ucsd.edu	
Triton Mobility	operates fare-free on- and off-campus service, including four primary service lines:	Email: ada-transport@ucsd.edu Office: (858) 534-7422. During	

Resource	Brief Description	Contact Information	Learn More! Resource Index
	shuttles, mobility, NightRide, and charters.	phone network outages, please use our mobile number, (858) 336-4604.	
Triton Testing Center	provide a wide range of testing services for all instructors and students on campus including accommodated and makeup testing, computer-based testing, and in-class proctoring.	Email: tritontesting@ucsd.edu	
Office of Academic Support and Instructional Services (OASIS)	offers several programs and services to help all students succeed academically at UCSD. They have transition programs to help students transition into college; Math, Science, and Language Arts tutorial services; Oasis Learning Communities and Seminars (OLC); and course-specific weekly support for challenging programs such as MMW, AWP, Chem 6 series, and more.	Email: oasis@ucsd.edu Phone: (858) 534-3760 Location: Center Hall, on the Third Floor	
Office for the Prevention of Harassment &	works to resolve complaints of unlawful	Email: ophd@ucsd.edu Phone: (858)	

Resource	Brief Description	Contact Information	Learn More! Resource Index
Discrimination (OPHD)	discrimination and unlawful harassment through formal investigation or alternative resolution; explains and clarifies university policies and procedures regarding unlawful discrimination, unlawful harassment and retaliation.	534-8298 Location: Pepper Canyon Hall, fourth floor, suite 470 (behind Gilman Parking Structure).	

Table: Disability Resource Users

Undergraduate Students	Graduate & Professional Students
• Disability Resource Hub (DRH) • Office for Students with Disabilities (OSD) ◦ <i>in role as student</i> • Disability Counseling & Consulting (DCC) ◦ <i>in role as employee</i> • Student Affairs Case Management Services (SACM) • The Engaged Teaching Hub • Student Groups ◦ <i>Blind Snakes Co-Op</i> ◦ • Triton Mobility • Student Health & Well Being: The Zone • Counseling and Psychological Services (CAPS) • Student Health Services (SHS)	• Disability Resource Hub (DRH) • Office for Students with Disabilities (OSD) ◦ <i>in role as student</i> • Disability Counseling & Consulting (DCC) ◦ <i>in role as employee</i> • Student Affairs Case Management Services (SACM) • The Engaged Teaching Hub • Research Groups • Triton Mobility • Student Health & Well Being: The Zone • How to Podcast Your Class • Web Accessibility
Staff & Faculty	General

• Disability Resource Hub (DRH) • Disability Counseling & Consulting (DCC) • The Engaged Teaching Hub • Research Groups • Triton Mobility • Triton Testing Center • How to Podcast Your Class • Web Accessibility	• ADA Coordinator • Office for Students with Disabilities (OSD) ◦ Accessible event planning, coordinates American Sign Language interpreters • Counseling and Psychological Services (CAPS) • Student Health Services (SHS) • Triton Mobility • Triton Testing Center • UC System-wide Disability Rights Office
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Table: Resource Categories (On-Campus)

Disability Support	Health and Well-Being
• Office for Students with Disabilities (OSD) • Disability Counseling & Consulting (DCC) • Disability Resource Hub (DRH)	• Student Health Services (SHS) • Counseling & Psychological Services (CAPS) • Student Affairs Case Management (SACM) • Basic Needs Center
Mobility and Accessibility	Academic Success
• Triton Mobility • Transportation & Accessible Parking • Library Accessibility Services • Accessibility Checklists	• Teaching + Learning Commons • OASIS • Career Center • Community & Belonging
Community Centers and Resources	Advocacy and Know Your Rights
• Recreation & Adaptive Sports	• Disability-Based Grievance Process

• Undocumented Student Services Center • APIMEDA • Black Resource Center • Cross Cultural Center • Intertribal Resource Center • LGBT Resource Center • Raza Resource Centro • Student Veterans Resource Center • Women's Center	• Office for the Prevention of Harassment and Discrimination (OPHD) • Office of the Ombuds • Student Legal Services
Emergency & Crisis Support	• 9-1-1 • UC Police Department • TritonCARE (24/7)

Accommodations at UC San Diego

Are the DRH and the OSD the same thing?

The DRH and OSD are not the same thing. We are separate offices that share similar goals and often work together on programs and events. The DRH is a community space focused on disability identity and culture, community, education, and resources. OSD works with students with disabilities to provide accommodations, such as testing accommodations and accessible course materials. **The key difference is:** OSD approves and coordinates official disability accommodations for students, while the DRH does not.

OSD can provide official accommodations for students, and the DCC can provide official accommodations for employees (including student employees) at UCSD. It is important to contact the appropriate office(s) as quickly as possible to work together in determining and accessing your accommodations on campus.

For employee accommodations, contact the DCC by [email](#) or phone (858) 534-6744 to discuss your options.

For housing accommodations, contact the HDH Housing Liaison by [email](#) to discuss your situation and options.

For accessible on-campus transit, contact [Triton Mobility](#).

What Are Student Accommodations?

Every student learns and experiences college differently. **Accommodations are individualized supports that help reduce disability-related barriers so students can fully participate in their education while meeting the essential requirements of their courses or program.**

Some examples include:

- Extended testing time
- Reduced-distraction testing
- Assistive technology
- Alternative formats for course materials
- Note-taking support
- Attendance flexibility
- Housing or transportation accommodations
- Service animals

DRH Tip!

Accommodations are individualized. Two students with the same diagnosis may receive different accommodations based on how their disability affects them.

What to Expect

The accommodations process generally looks like:

1. Register with OSD.
2. Complete the required registration paperwork.
3. Submit documentation from a qualified healthcare provider.
4. Meet with an OSD Disability Specialist.
5. Work together to determine reasonable accommodations.

Intake appointment

During your appointment, you'll talk about:

- Your disability or health condition
- How it impacts your academics or campus experience
- Barriers you've experienced
- Supports you've used in the past
- Accommodations that may help

Reminder: You do not need to know exactly which accommodations to ask for before your appointment. The goal is to help OSD understand your experiences and identify supports that can reduce barriers.

DRH Tips*

- Start early
- You are the expert on your own experience.
- Help your provider help you.
- Check your UC San Diego email.
- It's okay to follow up.
- Your accommodations can change.

***For additional information about OSD, or suggestions on each step, be sure to check out [pages 34-38](#) in the Resource Index!**

Contact Information:

- **Location:** Pepper Canyon Hall, Suite 300
- **Email:** osd@ucsd.edu
- **Phone:** (858) 534-4382
- **Website:** <https://osd.ucsd.edu/>
- **Office Hours:** Monday-Friday, 8AM-5PM
 - Phone and Zoom appointments are available Monday-Friday.
 - In-person appointments are available Tuesday-Thursday, but they must be requested in advance.
 - The front office is open Tuesday-Thursday from 9 AM-12 PM and 1-4 PM. for scheduling appointments, dropping off documentation, and general questions.

Reminder: There are no drop-in appointments with Disability Specialists.

Free, Low Cost Services & Programs¹

Food:

- **Basic Needs Hub:** The Hub Basic Needs Center's mission is to address the gaps and concerns students have with accessing nutritious food, stable housing, and financial wellness resources. We are committed to equitably minimizing basic needs challenges for all students.
 - **Undocumented, International, or have dependents?** We have additional resources for undocumented students (**Yes Food**), students with dependents (**SwD**), and international students (**iTable**)!
 - Get support on **CalFresh** and SNAP Benefit intake appointments!
- **Dollar Lunch Club:** Dollar Lunch Club is a community at UCSD that cooks and eats together in pursuit of food justice through mutual aid and sustainable practices. We are inspired, in part, by Food Not Bombs and the Black Panther Party's People's Free Food Program. We are composed of graduate and undergraduate students from many departments and backgrounds. We invite faculty, staff, and any other members of the San Diego community who'd like to join us.
- **DoorDash Grocery Delivery Program:** – Eligible students who are unable to access the Triton Food Pantry due to a disability, transportation barriers, or scheduling conflicts may receive free grocery delivery through DoorDash. **Students do not need to provide proof of disability** to participate in the program.
- **Food Cooperative:** The Food Cooperative at UC San Diego is a student-run collective store committed to serving hot vegan food and alleviating basic needs insecurity on campus. Open Monday through Friday at the Old Student Center, the Food Co-op serves cheap meals and hosts a community shelf with free resources for students.
- **Food Recovery Network:** Food Recovery Network (FRN) is a national non-profit with a mission to reduce food waste and combat food insecurity through the recovery and distribution of edible food waste. UC San Diego's chapter started in 2016 as a student-run organization and works on and

¹ A significant portion of this section uses data from the 2021 UCSD Resource Guide: <https://brc.ucsd.edu/community/Resource-Guide-for-UCSD-Students-2021.pdf>

off-campus to recover food waste from dining halls, Farmer's Markets, and grocery stores to feed UCSD students facing food insecurity.

- [Triton Food Pantry](#) now features recovered FRN food items for 0 points and no limit. Items offered range and are recovered from various grocery stores, on campus dining, and restaurants.
- **Grocery Shuttle:** The Grocery Shuttle provides rides from campus to local grocery stores every weekend.
- **Triton Food Pantry:** The Triton Food Pantry aims to provide free food access to UCSD students by providing culturally reflective food ingredients. The Triton Food Pantry is for all registered UC San Diego Students, regardless of their status (i.e: International and Undocumented students)! The Triton Food Pantry is a student ran and student centered service of the Basic Needs Center with a partnership with Associated Students (A.S).

Health:

**Services with asterisks denote that UC SHIP health insurance is required

IN CASE OF EMERGENCY, CALL OR TEXT 9-1-1

Medical Care

- [The UC San Diego Student-Run Free Clinic Project](#)
- [Student Health Services](#)** (NEW LOCATION ON CAMPUS!)
- **Nurse Advice Line**
 - If you are currently sick or injured and need medical advice, [call the SHS Main Line](#) to speak with a registered nurse who can assist you. This service is available 24/7 to all students at no cost.
- **SHS Urgent Care****
 - Student Health Services has an urgent care on campus. You can walk into urgent care for an illness or injury that requires prompt attention, no appointment is needed.

- There is no cost to be seen in SHS Urgent Care for students with UC SHIP; there is a \$20 copay for students with RAFT. Those without UC SHIP or RAFT can also be seen in SHS Urgent Care but fee for service charges will apply.
- SHS Urgent Care is open during [regular building hours](#) and is located in the [Triton Health and Wellness Building](#) in the Triton Center, just east of Center Hall on Gilman Drive and south of Yogurt World.
- **Off-Campus/After Hours Urgent Care:** [see the SHS website for details](#)
- **Emergency Room (closest to UCSD campus):**
 - **UC San Diego Health Jacobs Medical Center Emergency (La Jolla):** 1.6 miles from campus
9434 Medical Center Drive West Entrance, La Jolla, CA 92037
858-657-7600
 - **Scripps La Jolla Emergency Room (La Jolla):** 2.2 miles from campus
9888 Genesee Ave, La Jolla, CA 92037
800-727-4777
 - **Jennifer Moreno Department of Veterans Affairs Medical Center (La Jolla)** **Veterans/Beneficiaries Only:** 1 mile from campus
3350 La Jolla Village Drive, San Diego, CA 92161
858-552-8585
 - **For more locations and information,** [see the SHS website.](#)

Mental Health

- **[Counseling and Psychological Services \(CAPS\)](#)**** (professional support): CAPS is committed to promoting student mental health and well-being at an individual and organizational level, as well as the preservation and sustainability of an environment conducive to growth and lifelong learning.
 - Appointments & Urgent Care Services: 858-249-0030
 - After-Business Hours Crisis Counseling: 858-249-0030, *select Option 2*

- [Full List of Locations on Campus](#)
- **[Triton CORE](#)**: Triton CORE is a mobile response team at UC San Diego that provides compassionate intervention and support to students experiencing a behavioral health crisis.
 - How to Request Triton CORE:
 1. Call UCSD Police Department Dispatch: 858-534-4357
 2. Be sure to request the Triton CORE team and be ready to answer a few basic safety questions.
- **[Triton2Triton](#)** (peer support): Triton2Triton is a supportive, online connection space where UC San Diego students can connect with trained peers who understand what they're going through and can offer resources. **(VIRTUAL)**
- **[Togetherall](#)** (peer support): *Togetherall is now FREE for Tritons.* Togetherall is a safe, online mental health community where UC San Diego students can anonymously connect with others who understand what they're going through. Whether you want to get advice, tips, or just need someone to listen, Togetherall is available 24/7. **(VIRTUAL)**
- **[Willo](#)** (Student Well-Being App): Willo was built at UC San Diego to make wellness support easier to access and easier to use. It connects students to trusted campus resources, guided collections, events, and self-care tools in one place, with clear pathways for both everyday support and urgent help. **(VIRTUAL)**

Legal:

- **[Disability Rights California](#)**: Disability Rights California (DRC) defends, advances, and strengthens the rights and opportunities of people with disabilities. If you believe you've been discriminated against on campus, they may be able to provide legal counsel or representation.
 - Cost: Free
 - Location: San Diego Office 530 B Street, Suite 400 San Diego, CA 92101
 - Phone: 1-619-239-7861
- **[Student Legal Services \(SLS\)](#)**: Offers free, confidential legal counsel to students. Cost: No additional cost for UCSD students Appointments required. Recommended by students and alumni as "student-focused." They won't be able

to represent you in court or a legal motion, but can give you an understanding about your rights and the legal obligation of the school. Recommended by students and alumni for issues of any kind, including and specifically disability-related discrimination.

- Cost: Free
 - Phone: (858) 534-4374
 - Email: sls@ucsd.edu
 - Location and directions: Student Services Center, 5th floor, Suite 527.
- **Office for Prevention of Harassment and Discrimination (OPHD):**
Allows students to make reports regarding harassment, bias, and discrimination at UCSD. It is the responsibility of the Office to take appropriate action to address the issue reported. Will look into the issue you face through a legal lens. They can require changes by the campus if they find discrimination has occurred. Even if they find discrimination has not occurred, or it has not risen to a legal standard of discrimination, they may still be able to provide relief for the issue you face.
 - Cost: Free
 - Phone: (858) 534-8298
 - Email: ophd@ucsd.edu
 - Location: Campus Services Complex — Building B
 - To make a report online: ReportBias.ucsd.edu
 - Students may make an anonymous report by omitting their name on the report
- **Office of the Ombuds:** Provides confidential, neutral, and informal dispute resolution services for the UC San Diego community. **Appointments required.** Contact, location and directions [here](#).
- **UCSD Student Workers Union** (UAW #2865): A student-run union of UCSD student employees of the university. Advocates for the rights of student workers. Contact: sandiego@uaw2865.org

Housing:

- Housing Accommodations for Students with Disabilities

- The HDH Housing Liaison serves students with disabilities regarding disability-related housing accommodations. Students are encouraged to contact the Office for Students with Disabilities in order to obtain an Authorization for Accommodation (AFA) letter, and then to present the AFA letter to the HDH Housing Liaison.
- Housing Liaison Contact: 858.534.8567 and housingliaison@ucsd.edu
- To register with the OSD: <https://osd.ucsd.edu/students/registering.html>
- **Gender-Inclusive and LGBT+ Housing**: Gender-inclusive housing and the LGBTQIA+ Living-Learning Community are options for students who would like to live on-campus. Additionally, students are encouraged to reach out to the residence life housing liaison office regarding any concerns regarding housing placement.
- **UCSD Emergency Housing**
 - UCSD Emergency Housing is a resource for students who are currently unhoused, facing imminent loss of housing, or who are in another emergency situation that affects access to housing. Students may receive free emergency housing for up to 30 days while the Off-Campus Housing Coordinator works with them to find a more permanent housing solution.
- Please **fill out this form** for housing resource assistance
- Basic Needs Assistance Forms are reviewed frequently. However, it is suggested that **if you are in a time-sensitive emergency situation, email basicneeds@ucsd.edu or call 1-858-246-2632 in addition to filling out the form.**

Transportation:

- **Triton Mobility Services**: Triton Mobility Services provides scheduled rides around campus to students with disabilities who have limited mobility. Students can begin scheduling rides after receiving approval from the Office for Students with Disabilities (OSD). **You must be registered with OSD (short-term and long-term disabilities included) in order to use this service. Schedule rides at least 24 hours in advance.** Same-day bookings are accepted on a space-available basis. Availability cannot be guaranteed for same-day bookings.
- **Safety Escorts and Triton Rides**: Safety Escorts, or Community Safety Officers (CSO), will walk with you to your destination on campus, anytime from

sunset to sunrise. You can also get a ride to your on-campus housing or to destinations within one mile of campus. Phone number: (858) 534-9255

- **Grocery Shuttle**: The Grocery Shuttle provides rides from campus to local grocery stores every weekend.
- **Medical Center Shuttle**: On weekdays, the shuttle stops at various medical facilities throughout San Diego.
- **Public Transportation**: UCSD students are eligible for a student MTS pass during the academic year to use San Diego public transportation.
- **Parking Availability**: The UCSD mobile app can tell you how many parking spots are currently available at various parking lots and garages on campus.
- **Roadside Assistance**: If you are on campus and you need your car tire or bike tire re-inflated, a battery jump, or enough gas to get you to a nearby gas station, you can call for free assistance. Phone number: (858) 534-8108
- **Ridesharing, Carpooling and Car-Sharing**: Visit the Transportation Services website for more information.
- **Wayfinding website**: Interactive campus map with up to date information about transportation, parking, and wayfinding

Misc:

- **Personal Hygiene Form** (Basic Needs Hub): Do you need personal hygiene products? Fill out the Google Form to request items you may need, and to set up a pick-up time to retrieve your items from The Hub Basic Needs Center.
- **Professional Closet through Basic Needs**: Students can apply for a \$50 gift card which can be used to purchase professional attire to be used for job interviews, etc.
- **Emergency Loans**: Emergency loans of \$500-1000 are available to students in “critical short-term Emergencies.” **Usually these loans must be repaid within 30 days.**
- **Delta Alpha Pi** (DAPI): Delta Alpha Pi, also known as DAPI, is an international academic honor society for students with disabilities. The organization aims to

celebrate the achievements of university students with disabilities, and to advocate for the rights of people with disabilities. While there are GPA and unit requirements for official membership, all students are welcome to participate in Delta Alpha Pi events and projects. **Please feel free to reach out to dapi@ucsd.edu**

- **Graduating students**
 - Free Disability Pride stoles - contact the DRH for details

Community Resource Centers:

- Campus Community Centers at UC San Diego build community among a diverse population of students, faculty and staff members. Open to undergraduate and graduate students, staff, faculty, alumni, and the San Diego community, the centers contribute significantly toward the evolution of a socially just campus. They are places of belonging, where traditional notions of diversity are challenged. It is where self-awareness is learned, leaders are developed and open dialogue and expression is encouraged. ([Source](#))

Center	Brief Description	Contact
Undocumented Student Services Center	serving our undocumented students and their families through holistic services. Undocumented Student Services strongly advocates generating a sense of community for all students that are undocumented or come from mixed immigration-status families.	Email: undoc@ucsd.edu Phone: (858) 822-6916 Location: Student Services Center, 5th floor, room 555
Asian Pacific Islander Middle Eastern Desi American (APIMEDA)	provides community and retention support for students. Programs help students—especially from the Asian American, Pacific Islander and Southwest Asian North African American populations—find community at UC San Diego. Support and resources encourage community development, fosters greater visibility for the diversity within the APIMEDA community and helps students gain skills for success in their future careers.	Email: apimeda@ucsd.edu Phone: 858-822-0525 Location: Second floor of Price Center West, next to the SPACES and Marshall College room

<u>Black Resource Center</u> (BRC)	serves the entire population of UC San Diego while emphasizing the Black experience. The BRC seeks to provide support services and foster community for current undergraduate and graduate students. In addition to student services, the center is positioned as a resource for alumni, faculty, staff and the community at-large.	Email: <u>brc@ucsd.edu</u> Phone: 858-534-0471 Location: <u>Suite 202 of the Original Student Center</u> above the Food Co-op
<u>Cross Cultural Center</u> (CCC)	committed to supporting the needs of UCSD's campus communities by creating a welcoming and holistic learning environment for everyone. Our vision at the Cross-Cultural Center is to empower UCSD to recognize, challenge, and take proactive approaches to diversity for campus as a whole	E-mail: <u>cccenter@ucsd.edu</u> Phone: (858) 534-9689 Location: second floor of Price Center East. Look for the giant "CCC"!
<u>Disability Resource Hub</u> (DRH)	brings people together to foster disability culture, community, pride, and belonging through education, resources, programming, and partnerships	Email: <u>disabilityhub@ucsd.edu</u> Location: Pepper Canyon Hall, first floor, room 105
<u>Intertribal Resource Center</u> (ITRC)	aims to leverage existing resources to create a sense of place and community and provide an important support system for American Indian/Alaskan Native/Indigenous	Email: <u>itrc@ucsd.edu</u> Phone: (858) 822-0048 Location: 1st floor of the <u>Student Services Center</u> in SSC Room #187. We are located at the corner of

	students on campus and to develop positive relationships with our local tribal communities	Rupertus Way and Myers Drive, south of Price Center East.
<u>LGBT Resource Center (LGBTRC)</u>	a diverse, open and public space for all members of the university community to explore issues relating to sexual and gender identities, practices and politics. It develops student leadership, builds workplace equity, promotes academic research, and provides resources. The Center challenges existing definitions of variant genders and sexualities by engaging in community building on- and off-campus	Email: rainbow@ucsd.edu Phone: (858) 822-3493 Location: Located in between Mandeville Center and the Original Student Center, and we are on the top floor.
<u>Raza Resource Centro</u> <i>For the 2026-2027 academic year, RAZA welcomes the DRH to share community spaces. The DRH thanks you for your hospitality!</i>	committed to student success and works collectively to meet the needs of students. The Centro is a lively space where students study, meet, write, get tutoring, and most importantly are in community. It is a space where Latina/o Chicana/o organizations hold meetings, events and where cultura, arte, and academics interconnect	Email: raza@ucsd.edu Phone: 858-534-0471 Location: Pepper Canyon Hall, Level 2, room 264
<u>Student Veterans Resource Center (SVRC)</u>	committed to ensuring that military affiliated students successfully make the transition from the	Email: svrc@ucsd.edu Phone: 858-534-5080

	military environment to campus life, and are assisted in their progress toward completing their academic degree. In collaboration with other University partners, the SVRC seeks to identify and mitigate the barriers to academic success that are specific to the military affiliated student community.	Location: Student Center A
<u>Women's Center</u>	a space in which people work collaboratively to foster the educational, professional, and personal development of diverse groups of women. The Center provides education and support to all members of UCSD regarding gender issues, with the goal of promoting an inclusive and equitable campus community.	Email: women@ucsd.edu Phone: (858) 822-0074 Location: Student Center West, Bldg. 290 (Above Blue Pepper Asian Cuisine Restaurant, across from the Main Gym)

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Additional Information:

Basic Needs Hub

What is the Basic Needs Hub?

The Basic Needs Hub supports UC San Diego students by connecting them with essential resources to meet their basic needs, including food, housing, financial wellness, and emergency assistance. The Hub works to reduce barriers to student success by ensuring students have access to the resources they need to thrive both inside and outside the classroom.

Who Is the Basic Needs Hub For?

The Basic Needs Hub is available to all UC San Diego students. Whether you're experiencing financial hardship, food insecurity, housing concerns, or need help navigating campus and community resources, the Basic Needs Hub can connect you with available support.

What Does the Basic Needs Hub Offer?

The Basic Needs Hub provides:

- Triton Food Pantry
- Emergency food and grocery resources
- CalFresh application assistance
- Emergency housing and housing resources
- Financial wellness education
- Emergency grants and financial assistance
- Basic needs consultations
- Referrals to campus and community resources

Programs & Services

The Basic Needs Hub offers several programs to help students meet their everyday needs, including:

- **Triton Food Pantry** – Free groceries and pantry staples for UC San Diego students.
- **CalFresh Assistance** – Support applying for California's nutrition assistance program.
- **Emergency Grants** – Short-term financial assistance for students experiencing unexpected hardships.
- **DoorDash Grocery Delivery Program** – Eligible students who are unable to access the Triton Food Pantry due to a disability, transportation barriers, or scheduling conflicts may receive free grocery delivery through DoorDash. **Students do not need to provide proof of disability** to participate in the program.

Common Reasons Students Visit the Basic Needs Hub

Students commonly use the Basic Needs Hub when experiencing:

- Food insecurity
- Financial hardship
- Housing instability
- Difficulty accessing groceries or basic necessities
- Unexpected emergencies
- Questions about campus and community resources

DRH Tip!

Disability and basic needs are closely connected. Disabled students may experience additional financial, transportation, or access barriers that make meeting everyday needs more challenging. The Basic Needs Hub can help connect students with resources that reduce these barriers, including the DoorDash Grocery Delivery Program, emergency support, and individualized assistance.

Contact Information:

- **Location:** Student Center Building A, Room E-100
- **Phone:** (858) 246-2632
- **Email:** basicneeds@ucsd.edu
- **Instagram:** @ucsdbasicneeds
- **Appointments:** Complete the Basic Needs Assistance Form to schedule a Basic Needs Consultation.

Counseling and Psychological Services (CAPS)

What is CAPS?

Counseling and Psychological Services (CAPS) is UC San Diego's mental health center, providing confidential counseling, psychiatric care, crisis support, workshops, and wellness programs to help students navigate personal, emotional, and academic challenges. Located in the **Triton Health and Wellness Building**, CAPS supports students in building resilience, improving well-being, and achieving their personal and academic goals.

Who Is CAPS For?

CAPS is available to all registered UC San Diego students. Whether you are experiencing ongoing mental health concerns, adjusting to college life, managing stress, or simply need someone to talk to, CAPS offers services to support students at every stage of their college experience.

What Does CAPS Offer?

CAPS provides:

- Individual counseling
- Group therapy and support groups
- Crisis counseling and urgent mental health support
- Psychiatric evaluations and medication management
- Workshops and skill-building programs
- Consultation and referrals to community providers
- Case management and care coordination
- Identity-affirming and culturally responsive mental health services

Programs and Services

CAPS offers a variety of specialized programs, including:

- **Triton Lighthouse** – An 8–10 week immersive mental health program that combines individual therapy, skills-based workshops, psychiatric support, case management, and community activities for students experiencing more significant mental health challenges.
- **Triton CORE (Compassionate Response Team)** – A mobile behavioral health crisis response team that provides in-person support for students experiencing a mental health crisis on campus. Licensed behavioral health professionals respond with a compassionate, health-centered approach.
- **Tritons RISE Together** – Free workshops focused on stress management, mindfulness, resilience, emotional well-being, and personal growth. Most workshops are drop-in and do not require an appointment.

Common Reasons Students Visit CAPS

Students commonly visit CAPS for:

- Anxiety and stress
- Depression
- Academic pressure and burnout
- Relationship concerns
- Grief and loss
- Identity exploration
- Trauma and recovery
- Sleep concerns
- Building coping skills and emotional resilience

DRH Tip!

Mental health is an important part of disability and well-being. Many disabled students experience stress, anxiety, depression, burnout, chronic illness, neurodivergence, trauma, or the emotional impact of navigating inaccessible environments. CAPS offers affirming support and can help students develop coping strategies, access accommodations, connect with campus and community resources, and explore how disability and mental health intersect. If you're unsure where to start, CAPS staff can help you determine which services or programs are the best fit for your needs.

Contact Information:

- **Location:** Galbraith Hall, Room 190 (Revelle College)
- **Phone:** (858) 534-3755
- **Office Hours:** Monday–Friday, 8:00 AM–4:30 PM
- **Appointments:** Schedule by calling CAPS at (858) 534-3755 or request a callback through MyStudentChart.
- **After-Hours Crisis Support:** Available 24/7 by calling (858) 534-3755 and selecting Option 2.

Disability Counseling and Consulting (DCC)

What is Disability Counseling & Consulting?

Disability Counseling & Consulting (DCC) is part of UC San Diego Human Resources and provides workplace accommodations for UC San Diego employees. Unlike the Office for Students with Disabilities (OSD), which determines academic accommodations, DCC works with employees to identify reasonable workplace accommodations that support them in performing the essential functions of their job.

If you are both a student and a UC San Diego employee, you may work with both OSD and DCC, depending on your needs.

Who Is DCC For?

DCC supports UC San Diego employees, including:

- Staff and faculty
- Student employees and work-study students
- Graduate Student Researchers (GSRs)
- Teaching Assistants (TAs)
- Readers and Tutors

If you are a student employee and need accommodations related to your job responsibilities, DCC is the office to contact.

What Can DCC Help With?

DCC can assist with workplace accommodations such as:

- Modified work schedules
- Accessible workplace technology
- Ergonomic equipment or workstation modifications
- Leave and return-to-work planning
- Guidance through the interactive accommodation process
- Coordination with supervisors to implement reasonable accommodations

Every accommodation is individualized based on your job responsibilities and disability-related needs.

How to Get Started

If you think you may benefit from workplace accommodations:

1. Contact Disability Counseling & Consulting (DCC) to begin the interactive process.
2. Meet with a DCC consultant to discuss your job responsibilities and accommodation needs.
3. Provide medical documentation if requested.
4. Work collaboratively with DCC and your department to determine reasonable workplace accommodations.

DRH Tip!

Student accommodations and workplace accommodations are different. If you're both a student, faculty, or staff and a UC San Diego employee, you may need to work with two different offices.

- **OSD** provides accommodations related to your academic experience, such as classes, exams, housing, and other student services.

- **DCC** provides accommodations related to your employment at UC San Diego.

Receiving accommodations through one office does **not** automatically provide accommodations through the other.

Contact Information:

- **Location:** 10280 N. Torrey Pines Road, Suite 230, La Jolla, CA 92037
- **Email:** hrdcc@ucsd.edu
- **Phone:** (858) 534-6744
- **Hours:** Monday–Friday, 8:00AM-4:30PM

Disability Resource Hub (DRH)

What is the Disability Resource Hub?

The **Disability Resource Hub (DRH)** is UC San Diego's newest campus resource dedicated to fostering disability community, connection, and belonging. Launched in Spring 2026 after years of student advocacy, the Hub was created to complement the Office for Students with Disabilities (OSD) by expanding disability support beyond academic accommodations. Through community-building, educational programming, leadership opportunities, and campus partnerships, the Hub creates opportunities for students to connect, explore disability identity, culture, and community.

Who Is the DRH For?

The Disability Resource Hub is open to all UC San Diego students, faculty, and staff.

You do not need to be registered with the Office for Students with Disabilities (OSD) or identify as disabled to participate in many of our programs and events. We welcome students with visible and invisible disabilities, chronic illnesses, mental health conditions, neurodivergence, and anyone interested in learning more about disability, disability pride, accessibility, and inclusion.

What Does the DRH Offer?

The Disability Resource Hub provides opportunities to:

- Build community and connect with other students

- Explore disability identity, culture, and pride
- Attend educational workshops and campus events
- Learn about disability justice and accessibility
- Discover campus resources and referrals
- Develop leadership skills and get involved on campus
- Collaborate with campus partners and student organizations

Programs and Events

Programs may vary throughout the year and can include:

- **Disabili-Tea** - Casual drop-in conversations and community building
- **Community Events** - Opportunities to connect with students, staff, and campus partners
- **Book Club** - Discussions centered on disability culture, identity, and lived experiences
- **Support Groups** - Spaces for students to connect around shared experiences
- **Finals Study Lounge** - A welcoming place to study, recharge, and take a break during finals
- **Disability Pride and Awareness Events** - Celebrations, workshops, panels, and special programs throughout the year
- **OSD Office Hours:** The DRH will host staff from OSD to answer general questions about accommodations on campus

Get Involved

There are many ways to connect with the Disability Resource Hub:

- Attend a program or event
- Sign up for our newsletter
- Follow us on social media
- Volunteer or serve in a student leadership role
- Partner with us on events and initiatives
- Stop by and introduce yourself
- Share your ideas with us!

Whether you participate once or become a regular part of our community, we're glad you're here.

DRH Tips Below!

♥ **Community looks different for everyone.**

There is no right way to participate. Some students enjoy attending every event, while others stop by occasionally or simply stay connected through the newsletter. We encourage you to engage in ways that feel meaningful and comfortable for you.

♥ **You don't need accommodations to belong.**

Many students who participate in Hub programming are not registered with OSD. Whether you're exploring disability for the first time or have identified as disabled for years, you are welcome here.

♥ **It's okay to come on your own.**

Many students attend their first Hub event by themselves. Our goal is to create welcoming spaces where making connections feels a little easier.

Contact Information:

- **Location:** Pepper Canyon Hall, Room 105
- **Email:** disabilityhub@ucsd.edu
- **Instagram:** @UCSDDisabilityHub
- **Sign up for our newsletter:** <https://forms.gle/sMDVqrY4BVEwXpA67>
- **Linktree:** <https://linktr.ee/UCSDDisabilityHub>

Office for Students with Disabilities (OSD)

What is the Office for Students with Disabilities?

The Office for Students with Disabilities (OSD) is the campus office responsible for determining disability accommodations at UC San Diego. If you have a disability, chronic health condition, mental health condition, learning disability, ADHD, autism, a temporary injury, or another condition that impacts your education, OSD is the place to begin the accommodations process.

OSD works with students through an interactive process to better understand how a disability impacts their educational experience and to determine reasonable accommodations that provide equitable access to university programs and services.

What Are Accommodations?

Every student learns and experiences college differently. Accommodations are individualized supports that help reduce disability-related barriers so students can fully participate in their education while meeting the essential requirements of their courses or program.

Some examples include:

- Extended testing time
- Reduced-distraction testing
- Assistive technology
- Alternative formats for course materials
- Note-taking support
- Attendance flexibility
- Housing or transportation accommodations
- Service animals

DRH Tip!

Accommodations are individualized. Two students with the same diagnosis may receive different accommodations based on how their disability affects them.

What to Expect

The accommodations process generally looks like:

1. Register with OSD.
2. Complete the required registration paperwork.
3. Submit documentation from a qualified healthcare provider.
4. Meet with an OSD Disability Specialist.
5. Work together to determine reasonable accommodations.

Intake appointment

During your appointment, you'll talk about:

- Your disability or health condition
- How it impacts your academics or campus experience
- Barriers you've experienced
- Supports you've used in the past
- Accommodations that may help

Reminder: You do not need to know exactly which accommodations to ask for before your appointment. The goal is to help OSD understand your experiences and identify supports that can reduce barriers.

DRH Tips Below!

✓ Start early

The registration process can take time, especially during the beginning of each quarter. If you think you may benefit from accommodations, begin the process as early as possible.

✓ You are the expert on your own experience.

No one knows your disability better than you do.

When meeting with OSD or completing documentation, focus on how your disability affects your experience as a student.

Think about questions like:

- What barriers do I experience in class?
- What tasks take significantly more effort?
- What environments make learning difficult?
- What supports have helped me succeed in the past?

The more clearly you can describe your experiences, the easier it is for others to understand your access needs.

✓ Help your provider help you.

When your healthcare provider completes your documentation, it's most helpful if they explain how your disability impacts your education, not just your diagnosis. This also helps OSD better understand your access needs.

✓ Check your UC San Diego email.

Most communication from OSD happens through your UC San Diego email account. Be sure to check it regularly so you don't miss important updates or requests.

✓ It's okay to follow up.

OSD serves a large and growing community of students, so response times may vary longer. If you haven't heard back after several business days, it's okay and encouraged to send a follow-up email.

 Your accommodations can change.

Disability isn't static, and your accommodations don't have to be either. If your needs change over time, you can contact OSD to discuss updating your accommodations.

If You Experience Challenges

If you have questions about your accommodations, don't understand a decision, or feel that your concerns haven't been resolved, it's okay to ask questions and advocate for your access needs. Many concerns can be resolved through conversations with your Disability Specialist or the OSD Director, Joanna Boval.

If additional review is needed, UC San Diego has a Disability-Based Grievance Process that provides students with an opportunity to request a review of accommodation decisions and other disability-related concerns.

How to Start the Grievance Process

1. Start with your Disability Specialist.

Share your concerns, ask questions, and provide any additional information that may be helpful.

2. Contact the OSD Director if your concern remains unresolved. You can contact Joanna at jboval@ucsd.edu.

The Director may ask you to provide:

- A written explanation of your concern.
- Any new or relevant information.
- The outcome you are hoping to achieve.

The Director aims to respond within 10 university business days.

3. Explore additional campus resources, if needed.

Depending on your situation, you may also find support through:

- **Office for the Prevention of Harassment and Discrimination (OPHD):** If you believe you have experienced disability discrimination.
- **Office of the Ombuds:** A confidential, impartial resource for navigating conflict and exploring options.
- **Student Legal Services:** Free legal information and guidance for eligible students.

Learn more about the Disability-Based Grievance Process:

<https://osd.ucsd.edu/students/appeal-process.html#contact-the-osd-director>

Contact Information:

- **Location:** Pepper Canyon Hall, Suite 300
- **Email:** osd@ucsd.edu
- **Phone:** (858) 534-4382
- **Website:** <https://osd.ucsd.edu/>
- **Office Hours:** Monday-Friday, 8AM-5PM
 - Phone and Zoom appointments are available Monday-Friday.
 - In-person appointments are available Tuesday-Thursday, but they must be requested in advance.
 - The front office is open Tuesday-Thursday from 9 AM-12 PM and 1-4 PM. for scheduling appointments, dropping off documentation, and general questions.
 - **Reminder:** There are no drop-in appointments with Disability Specialists.

Student Affairs Case Management (SACM)

What is Student Affairs Case Management?

Student Affairs Case Management (SACM) helps students navigate complex challenges that may impact their well-being or ability to succeed at UC San Diego. Unlike CAPS, which provides clinical mental health services such as counseling and psychiatry, SACM offers non-clinical support by helping students navigate university processes, coordinate care across campus, and connect with the resources they need.

Who Is Student Affairs Case Management For?

SACM is available to all UC San Diego students experiencing personal, medical, mental health, academic, financial, or other challenges that affect their ability to thrive. Students can contact SACM directly or be referred by faculty, staff, family members, or friends.

What Does Student Affairs Case Management Offer?

Student Affairs Case Management provides:

- Individualized case management and care coordination
- Connections to campus and community resources
- Assistance navigating university processes and policies
- Support during medical, mental health, or personal crises
- Referrals for housing, food, financial, and basic needs resources
- Coordination with campus partners, including OSD, CAPS, Student Health Services, Financial Aid, Housing, and Academic Affairs
- Guidance when you're unsure where to start or which office can help

Common Reasons Students Contact SACM

Students commonly work with SACM when experiencing:

- Extended illness or hospitalization
- Mental health concerns that require support beyond counseling
- Family emergencies
- Housing or food insecurity
- Financial hardship
- Academic disruptions due to medical or personal circumstances
- Difficulty navigating multiple campus offices
- Complex situations that require coordinated support

Contact Information:

Location: Student Services Center

9500 Gilman Drive

La Jolla, CA 92093

Contact: General Email: SACM@ucsd.edu

DRH Tip!

Disability-related challenges don't always fit neatly into one office. If you're having difficulty accessing accommodations, communicating with OSD, managing medical or mental health concerns, or coordinating support across campus, Student Affairs Case Management can help you navigate the process, connect with resources, and coordinate with offices such as OSD, CAPS, Student Health Services, Housing, and Financial Aid.

Student Health Services (SHS)

What is Student Health Services?

Student Health Services (SHS) is UC San Diego's on-campus medical clinic, providing comprehensive healthcare to support students' physical and emotional well-being. Located in the new **Triton Health and Wellness Building**, SHS offers preventive care, treatment for illness and injuries, urgent care, and a variety of specialty services to help students stay healthy and succeed academically.

Who Is Student Health Services For?

Student Health Services is available to all registered UC San Diego students. Students can receive care regardless of their health insurance, although costs and coverage vary depending on their insurance plan. Students enrolled in UC SHIP are encouraged to establish a primary care provider (PCP) through SHS, but all students can access many of its services.

What Does Student Health Services Offer?

Student Health Services provides:

- Primary medical care
- Urgent care for unexpected illnesses and injuries
- Immunizations and preventive care
- Sexual and reproductive healthcare
- Gender-affirming care
- Nutrition counseling
- Behavioral health services
- Sports medicine
- Laboratory testing, X-ray, pharmacy, and optometry services
- Referrals to specialty care when needed

Common Reasons Students Visit SHS

Students commonly visit Student Health Services for:

- Cold, flu, or COVID-like symptoms
- Injuries and minor illnesses
- Annual physicals and wellness visits
- Vaccinations and immunizations
- Sexual and reproductive health services
- STI testing
- Medication management and prescription refills
- Mental and behavioral health concerns
- Nutrition and wellness support

DRH Tip!

If you have a disability or chronic health condition, consider establishing care with a primary care provider at SHS early in the academic year. They can help coordinate ongoing medical care, referrals, documentation, medication management, and connect you with additional campus resources when appropriate.

Contact information:

- **Location:** Triton Health and Wellness Building
9520 Gilman Drive
La Jolla, CA 92093

Student Health Services is co-located with Counseling and Psychological Services (CAPS), Health Promotion Services, and other Student Health and Well-Being programs, making it easy to access multiple health and wellness resources in one location.

- **Phone:** (858) 249-3400
- **Email:** studenthealth@ucsd.edu
- **Office Hours:** Monday-Friday: 8:00 AM–4:00 PM

Appointments: Schedule online through MyStudentChart or call (858) 249-3400.

After-Hours Nurse Advice: Available 24/7 by calling (858) 249-3400 and selecting the Nurse Advice option

Additional Resources:

- [Americans with Disabilities Act](#)
- [Rehabilitation Act \(Section 504\)](#)
- [State of California Disability Laws & Regulations](#)
- [DRH Language Guide](#)
- [Suggested Reading](#)

Nationwide Orgs²

- [DREAM- Disability Rights, Education, Activism, and Mentoring](#): “A national organization for and by college students with disabilities [...] We strongly advocate for disability culture, community, and pride, and hope to serve as an online virtual disability cultural center for students who want to connect with other students.” [For contact information, click here.](#)
- [Autism Campus Inclusion \(ACI\) Leadership Academy](#): Run by the Autistic Self-Advocacy Network, “ACI helps Autistic students learn to make their college campuses better for people with disabilities.” ACI Leadership Academy takes place in the summer.
- [Navigating College: A Handbook on Self-Advocacy](#): This extensive guide was written “for autistic students, from autistic adults.” This project was organized by the Autistic Self-Advocacy Network (ASAN).
- [Autistic Self-Advocacy Network \(ASAN\)](#): This non-profit organization is run by and for autistic people. [ASAN Resource Library](#); [Summer Leadership Academy](#)
- [List of Service Animal Resources](#): Includes information and resources pertaining to accommodations, finding a service animal, and more.
- [Deaf Community Services](#): Deaf Community Services (DCS) serves the Deaf and hard of hearing community of San Diego. DCS connects individuals with a myriad of resources, such as mental health services, interpreter services, and more. Email: info@dcsofsd.org

² Information in this section uses data from the 2021 [Black Resource Center \(BRC\) Resource Guide](#)