

Sac State MSW Student Resources

*All resources are FREE to you unless otherwise specified

Mental well-being

Counseling/therapy

- Call 916-278-6461 for better luck for an intake appt.



“Human First, Counselor Second” Support Group

- Group counseling for MSW and MFT students here in Sac State.
- Drop-in style
- Tuesdays 11am-12:15pm



Other useful resources:

[Center for Counseling & Diagnostic Services](#)
(916) 278-6252

[HOPE Counseling Center](#)
(916) 780-1059

[Sacramento County Mental Health Access Team](#)
(916) 875-1055

[WEAVE](#)
(916) 920-2952

General well-being

Relaxation Station

- Your on-campus spa.
- Massage chairs and nap pods



Medical Care

- Urgent Care, primary care, nutrition counseling, and athletic training
- services available at the WELL



Other useful resources:

[Meditation room](#)
-2nd floor of university union within North Lounge

[Footwashing station](#)
- Adjacent to meditation room

[TimelyCare](#)
- 24/7 online medical/mental healthcare
- Download “TimelyCare” app and sign up with your csus email to access resource.

Basic needs

Basic Needs Resource Center

- “The Pantry” for weekly groceries
- Clothing, toiletries, couch-surfing kits, emergency resources.
- ideal resource if life hits you like a brick



CARES Emergency Support

- Grants, travel stipends, and housing in case of an emergency



Other useful resources:

ASI Food Pantry

- University Union 1246
- Drop-in style
- You can go here 1x a week (you can also go to “The Pantry” 1x a week... free groceries 2x a week)

CalFresh Application Assistance

Academic Resources

Social Work Writing Resource Center

- Personal assistance for writing assignments/resumes/Master’s projects
- Specialists will know your professors’ writing expectations



Social Work Student Association

- community service events throughout semester
- Meetings every 2nd Wednesday and last Friday of the month from 5:30–7:00 PM
- join the discord below



Social Work Research Guide

- Mass database for social work research
- Page also include the contact information for our social work librarian

