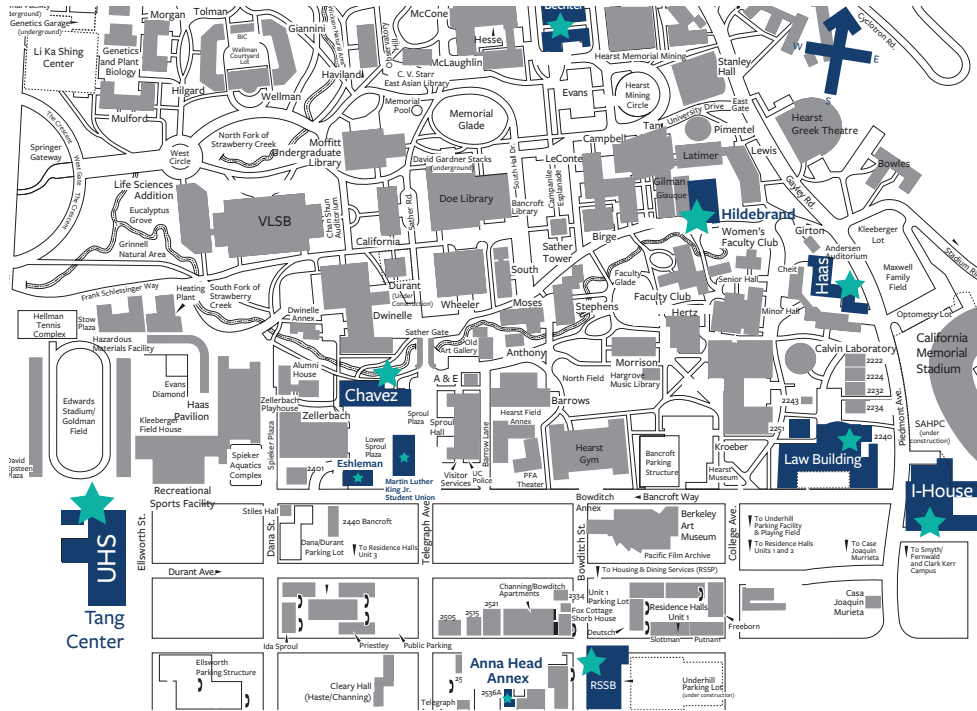


# SATELLITE LOCATIONS



- **Anna Head Annex** - 2536 Channing Way, Building E
- **Berkeley Law School** - Room 374A, The Law Building
- **César E. Chávez Student Center** - Chávez 150
- **College of Engineering** - 241 Bechtel Engineering Center
- **Engineering Graduate Students** - 422 Sutardja Dai Hall
- **Graduate Assembly Office** - 341 Mulford Hall
- **Graduate Assembly Wellness Office** - 444D Eshleman Hall
- **Haas School of Business** - Room F408, 2220 Piedmont Ave.
- **Multicultural Community Center** - Berta Caceres Room, Martin Luther King Jr. Student Union
- **Social Welfare Graduate Students** - 422 Sutardja Dai Hall
- **Residential Life** - Room 434, RSPS Building, 2610 Channing Way
- **Undocumented Student Program** - Chávez 112

For questions about these sites, including hours of counselor availability, call (510) 642-9494 or visit [uhs.berkeley.edu/counseling/satellite](https://uhs.berkeley.edu/counseling/satellite).



## COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

CAPS offers a variety of services for academic, career and personal issues. There's no charge to get started. All registered students can access services regardless of their insurance plan.

**No problem is too big or too small.**

Common concerns:

- Academic concerns
- Adjusting to Berkeley
- Anxiety
- Career & major indecision
- Depression
- Discrimination/racism
- Family conflict
- Grief and loss
- Isolation and loneliness
- Relationship issues
- Roommate conflicts
- Sexuality concerns
- Stress

University of California Berkeley  
2222 Bancroft Way, 3rd Floor  
Berkeley, CA 94720  
(510) 642-9494  
[uhs.berkeley.edu/counseling](https://uhs.berkeley.edu/counseling)

## OUR MISSION

The mission of Counseling and Psychological Services (CAPS) is to support the emotional, psychological, educational, social and cultural development of all UC Berkeley students through a wide range of multiculturally based counseling, psychiatric, career, consultation, training and educational services.

## STAFF

The CAPS staff are a multicultural group of professional counselors including psychologists, social workers and advanced trainees. We try to accommodate students' counseling preferences regarding gender, ethnicity and sexual orientation.

View our Meet the Staff profiles online: [uhs.berkeley.edu/meet-the-staff](https://uhs.berkeley.edu/meet-the-staff)

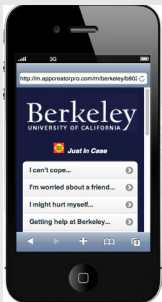
## CAPS SERVICES

CAPS offers short-term counseling for academic, career and personal issues. There is no charge to get started, and all registered students can access services regardless of insurance.

Hours: Mon-Wed: 8am-5:30pm | Thurs: 9am-5:30pm | Fri: 8am-5pm  
Crisis drop-in is available Monday-Friday 10am-5pm\* (Tang location only)

- Short-term individual and couples counseling
- Crisis drop-in for urgent concerns
- Group counseling
- Workshops (ex. stress management, career planning)
- Evaluation and follow up for psychiatric medications
- Career counseling and assessments
- Outreach and consultation
- Online resources including Therapy Assistance Online (TAO)
- Referrals for longer-term counseling

*\*Hours are subject to change. Please check the website for current hours.*



**Download the Berkeley Just in Case app:**  
[bit.ly/justincaseberkeley](http://bit.ly/justincaseberkeley)

**How can the Just In Case mobile app help me?**

- Tips to help you cope
- How to help a friend
- Living healthy with stress
- Tips on sleeping better

## FREQUENTLY ASKED QUESTIONS

### How do I get started in counseling?

- The first step is to schedule an initial appointment with a CAPS counselor to evaluate your counseling needs
- To schedule an initial appointment, call CAPS (510) 642-9494, visit the eTang patient portal, or stop by CAPS
- Informal consultation with counselors (Let's Talk program) is available at many of the CAPS satellite offices with no appointments or paperwork needed—[uhs.berkeley.edu/counseling/satellite](https://uhs.berkeley.edu/counseling/satellite)

### What do I do if I have an urgent concern?

- Crisis drop-in at the Tang Center is available Monday-Friday 10am-5pm
- For consultation when CAPS is closed, call the After Hours line (855) 817-5667

### How can I get help if I don't want to do counseling?

- Information about depression: [uhs.berkeley.edu/lookforthesigns](https://uhs.berkeley.edu/lookforthesigns)
- Information about stress and wellness: [uhs.berkeley.edu/bewell](https://uhs.berkeley.edu/bewell)
- Online screenings for anxiety, depression and eating disorders: [uhs.berkeley.edu/onlinescreenings](https://uhs.berkeley.edu/onlinescreenings)
- Online trainings for faculty and staff dealing with distressed students [uhs.berkeley.edu/training](https://uhs.berkeley.edu/training)
- Handouts on a variety of mental health issues: [uhs.berkeley.edu/counseling/handouts](https://uhs.berkeley.edu/counseling/handouts)

### How do I request a training or workshop for my group or department?

- Contact CAPS to make a request: [uhs.berkeley.edu/counseling/outreach](https://uhs.berkeley.edu/counseling/outreach)
- Ask for a manager if you are calling about a campus crisis situation

### How can I help students or peers who are struggling?

- For faculty, staff and GSIs - [uhs.berkeley.edu/mentalhealthhandbook](https://uhs.berkeley.edu/mentalhealthhandbook)
- For parents: [uhs.berkeley.edu/counseling/parents](https://uhs.berkeley.edu/counseling/parents)
- How to help a friend - [bit.ly/grievingfriend](http://bit.ly/grievingfriend)
- Phone consultation with CAPS counselors (510) 642-9494
- Online trainings:
  - Depression Awareness and Suicide Prevention [uhs.berkeley.edu/depressiontraining](https://uhs.berkeley.edu/depressiontraining)
  - Webinars for faculty, staff and GSIs: [uhs.berkeley.edu/training](https://uhs.berkeley.edu/training)