

FEELING STRESSED AND DEPRESSED?



While stress is part of being a student, it can become overwhelming and can lead to other mental health problems. Visit **Be Well Cal** online at uhs.berkeley.edu/bewell for more information about:

SELF-HELP RESOURCES

Studies show students who seek help for their stress and depression perform better academically than those who don't.

- **Stress and stress management** uhs.berkeley.edu/bewell
UC Berkeley students work hard and face high amounts of stress. Whether we like it or not, stress will always be a part of our lives. So it's not about avoiding stress but knowing yourself (your limits and your strengths) and being proactive.
- **Check your mental health online** uhs.berkeley.edu/onlinescreenings
UHS offers online screenings for depression, anxiety, eating disorders, bipolar disorder and post-traumatic stress. The screenings may help you determine whether seeking professional consultation would be of benefit to you. These free and anonymous screenings are available to all UC Berkeley students, staff and faculty members.
- **How to connect with counseling** uhs.berkeley.edu/counseling
CAPS counselors are skilled at assessing stress, anxiety and depression and can help determine what would be helpful in your situation. Short-term counseling is available at CAPS to help you learn strategies to manage your anxiety and your moods and to help you sort out difficulties that may be contributing factors. If you need longer term counseling or specialized services, we can help connect you with community mental health providers that will work with your health insurance plan.
Call (510) 642-9494 to make an appointment. Crisis drop-in is available Monday-Friday from 10am-5pm at the Tang Center. For help after-hours, call (855) 817-5667 and ask to speak with a counselor.

HOW TO HELP SOMEONE ELSE

Whether you are student, faculty, staff or just a concerned friend or loved one, you have many options for helping a student you are concerned about.

- How to connect with counseling
- Urgent help when Tang is open or closed
- Consultation on how to help someone else
- Online screenings and trainings uhs.berkeley.edu/trainings

LOOK FOR THE SIGNS

Emergency: call 911
Emergency from cell:
call (510) 642-3333

People of all ages, genders and ethnicities suffer from depression.

Look for the Signs

- Look for the signs of depression. Depression is one of the most common mental health problems and also one of the most treatable.
- Get tips for helping someone else
- Find resources for consultation uhs.berkeley.edu/lookforthesigns



Just in Case App

Help is at your fingertips, 24 hours a day!
Download the Berkeley Just in Case app
bit.ly/justincaseberkeley

FOOD & BODY IMAGE HELP

1,500-3,000 students here at UC Berkeley may be suffering from an eating disorder and up to 30% of any U.S. college may be struggling with an eating disorder.

- **More information about eating disorders and UHS's Eating Disorder Treatment Team**

- **What's Eating You** uhs.berkeley.edu/whatseatingyou

For those struggling with eating too much, not eating enough, eating on a budget, body image issues, or just a desire to have better eating habits. Resources include:

- Affordable grocery stores near UC Berkeley campus
- Principles of Mindful Eating
- Ten tips for eating better on a budget
- 7 Tips for Mindful Eating
- Seven day menu for less than \$5 a day
- The Health Consequences of Undernourishment

FINANCIAL STRESS HELP

95% of college students say the nation's economic crisis impacted their family's finances last year, and 93% have seen an effect on their own bank account.

- **Financial Literacy** financialaid.berkeley.edu/prosper-financial-literacy

Understanding how to manage your money is an important part of your success as a student and as a UC Berkeley alum. Access tools and resources that will empower you to make informed financial decisions now and in the future. Six Steps Toward Financial Success:

- Creating a Spending Plan
- Understanding Credit
- Managing Debt
- Understanding Credit Cards
- Saving Money
- Identity Theft

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de-stress with our MASSAGE CHAIR!

- Located on the 2nd floor of the Tang Center
- No appointment needed and it's free!
- First come, first serve

Other REST Zone locations include -
Bechtel Library · Eshleman Mediation Room · Moffitt Library · Tolman Tech Lounge · Wurster Library

Nap map - tinyurl.com/berkeleynaps

CONNECT WITH US!



@TangCenterCal



@bewellcal



Be Well Cal



Be Well Buzz

Get wellness tips, articles, advice, and news every month! Sign up at uhs.berkeley.edu/bewell



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