

# Mental Health 101 for New Students

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Your first year at UC Berkeley is an exciting time. It can also be a stressful time. Whether you are a freshman or a transfer student, it is normal to experience a variety of feelings about what is to come and how you will deal with the changes.

### Some of the challenges that you may face include:

- the uncertainty of what is expected academically
- decision-making about courses, majors, and career
- academic issues such as test anxiety, procrastination, writer's block, or disappointment with grades
- difficulties balancing academics, social and other activities
- relationships—making new friends, living with roommates, becoming independent from your family

It's important to have a self-care plan and to become familiar with the variety of resources available to you on campus. University Health Services offers mental health resources for academic, career, and personal issues. All registered UC Berkeley students can access services regardless of insurance. For more information about all of our services, visit our website at [uhs.berkeley.edu/mentalhealth](https://uhs.berkeley.edu/mentalhealth).

### Why mental health counseling?

Many students encounter problems that are not easily resolvable or, the usual ways of handling problems aren't working well for some reason. They may have found, for example, that talking to friends or relatives about their concerns is impossible or unsatisfying. Counseling is a chance to talk about what is on your mind with an objective person. Counselors can help you learn new skills and ways of looking at situations so that you will be more capable of solving problems on your own. It does not need to be a crisis to warrant your getting help. In fact, there is no problem or issue that is "too small" to discuss. If something is big enough to bother you, it's big enough to talk about with a counselor.

### Benefits of a counseling appointment:

- Counselors are non-judgmental, objective, professional, and experienced helpers.
- Counselors try to make you comfortable — they understand and help with your initial anxiety.
- Counseling deals with the concerns and problems of many students.
- All counseling is confidential. No information is released to anyone without written consent.

### How to access counseling at UC Berkeley:

If you would like to see a counselor, please feel free to call UHS at (510) 642-9494. If you are already in counseling or on psychiatric medication, please contact us as soon as possible to discuss the continuation of your care and how to best send copies of your mental health records.

### Additional mental health resources at University Health Services:

Additional mental health resources at UHS include: 1) group counseling, 2) Let's Talk consultations, 3) career counseling, as well as, 4) wellness health coaching, 5) 24/7 advice nurse, and more. See all of our resources on our website. We are here to support you!