



# Wellness Spaces for Election Support

## For the UC Berkeley Community

### Wellness Circles for Election Support

Join UHS mental health counselors for support, witnessing, and wellness strategies to cope with the current national discourse, political turmoil, and election-related stress.

- Wellness Circles for Election Support are FREE and do not require a referral or pre-screening.
- **Register at [tinyurl.com/UHSWellnessandElection2020](https://tinyurl.com/UHSWellnessandElection2020).** Registration will ensure you get an email reminder, which includes a link to the Zoom call.
- Zoom link will be posted online on the day of the event, and sent via email to those who registered.

#### For All UC Berkeley Students

- November 4, 1-2pm PDT. Facilitated by Raquel Castellanos Miller, MSW, LCSW, & Alyssa Panyawai, LCSW
- November 6, 11am-12pm PDT. Facilitated by Sam Tourek, PhD & Kusha Murarka, PsyD
- November 10, 1-2pm PDT. Facilitated by Raquel Castellanos Miller, MSW, LCSW, & Junichi Shimaoka, PsyD

#### For UC Berkeley Graduate Students

- November 4, 9-10am, 5-6pm PDT. Facilitated by Amy Honigman, PhD
- November 5, 11am-12pm PDT. Facilitated by Amy Honigman, PhD

#### Intended for Asian/Asian American/ Pacific Islander/South Asian/Southeast Asian Students

- November 3, 4:30-6pm PDT. Facilitated by Sonia Amin, PhD, Kusha Murarka, PsyD, & Junichi Shimaoka, PsyD

#### Intended for the Black and African American Community (Students, Staff, and Faculty)

- November 4, 12-1:30pm PDT.  
Facilitated by Adisa Anderson, PhD, Amber Jaiza Jones, LCSW, & Geneé Jackson, PhD

#### Intended for Community Organizers and Activists (Students, Staff, and Faculty)

- November 6, 2:30-4pm PDT. Facilitated by Treajané Brown, MA & Cynthia Medina, PhD

#### Intended for the Latinx Community (Students, Staff, and Faculty)

- November 6, 11:30am-1pm PDT. Facilitated by Cynthia Medina, PhD & Raquel Castellanos Miller, MSW, LCSW

#### Intended for Undocumented Students\*

- November 4, 5-6pm PDT. Facilitated by Bianca Barrios, PhD. For Undergraduate Students.
- November 12, 5-6pm PDT. Facilitated by Bianca Barrios, PhD. For Undergraduate Students.
- November 13, 2-3pm PDT. Facilitated by Diana Peña, PhD. For Graduate Students.

\*Zoom links will be sent via the Undocumented Students Program list serv. To join the list serv, email [liliglesias@berkeley.edu](mailto:liliglesias@berkeley.edu)

#### Intended for the College of Engineering (Students)

- November 4, 2:15-4pm PDT. Facilitated by Yi Du, PhD and Christine Zhou, PhD

## Virtual “Let’s Talk” Consultations for Students

Free, brief (20 min), informal one-on-one consultations with UHS mental health counselors will be offered to students for election-related support.

- **Sign-up opens 24 hours in advance.** Go to [uhs.berkeley.edu/electionsupport](https://uhs.berkeley.edu/electionsupport) for the below schedule and click the wejoinlink that matches your desired time.
- This service is free and no paperwork is required.

### Let’s Talk Schedule

Monday, November 2	11am-12pm PDT	Veronica Orozco, PhD
Tuesday, November 3	1-3pm PDT	Junichi Shimaoka, PsyD
Wednesday, November 4	3-5pm PDT	Cynthia Medina, PhD
Thursday, November 5	3-5pm PDT	Sonia Amin, PhD
Thursday, November 5	4-6pm PDT	Jeff Lee, LCSW
Friday, November 6	1-3pm PDT	Sam Tourek, PhD
Monday, November 9	11am-12pm PDT	Veronica Orozco, PhD
Thursday, November 12	4-6pm PDT	Jeff Lee, LCSW
Friday, November 13	10am-12pm PDT	Kusha Murarka, PsyD
Friday, November 13	1-3pm PDT	Sam Tourek, PhD

## More Resources for Students

### Counseling Support

- Counseling and Psychological Services (CAPS) is currently offering phone and video counseling to students. Please call (510) 642-9494. If your concern is urgent or time-sensitive, please ask to speak with a drop-in counselor available Mon - Friday 10am-4pm.
- For after-hours support, please call the 24/7 support line at (855) 817-5667.

### COVID-19 Mental Health Resources

Handouts and resources on self-care tips, coping and managing fears/anxiety during COVID-19, sources of strength and resiliency, Zoom bombing incidents, and grieving a loved one during COVID-19 at [uhs.berkeley.edu/covidmentalhealth](https://uhs.berkeley.edu/covidmentalhealth)

### TAO (Therapy Assisted Online) and Mobile App

- An online library of engaging, interactive programs that help you manage feelings of stress and anxiety during these times. All UC Berkeley students have access to this resource at no cost.
- Visit [uhs.berkeley.edu/tao](https://uhs.berkeley.edu/tao) to get started.

## More Resources for Staff and Faculty

### Be Well at Work Employee Assistance

- Be Well at Work Employee Assistance is available for confidential support. Telephone consultations and appointments are available. Call (510) 643-7754 or email [employeeassistance@berkeley.edu](mailto:employeeassistance@berkeley.edu)
- More information at [uhs.berkeley.edu/employeeassistance](https://uhs.berkeley.edu/employeeassistance)