Mental Health Resources
Navigating your mental health care at UC Berkeley

Learn More

- **UHS Career & Wellness Counseling** - career exploration, assessment, and consultations. Learn more: [uhs.berkeley.edu/careercounseling](http://uhs.berkeley.edu/careercounseling).
- **Campus-wide wellness resources** - on the Berkeley Recalibrate website at [recalibrate.berkeley.edu](http://recalibrate.berkeley.edu).
- **Biblio-therapy** - view book recommendations from UHS mental health providers at [uhs.berkeley.edu/bibliotherapy](http://uhs.berkeley.edu/bibliotherapy).
- **Apps and online courses** to develop your mental health toolkit such as:
  - Mindfulness/Meditation
  - Managing Stress/Anxiety/Depression
  - Resilience
  - Self-Care
- **Find resources at**: [uhs.berkeley.edu/practice](http://uhs.berkeley.edu/practice).

Practice Skills

- **Apps and online courses** to develop your mental health toolkit such as:
  - Mindfulness/Meditation
  - Managing Stress/Anxiety/Depression
  - Resilience
  - Self-Care
- **Find resources at**: [uhs.berkeley.edu/practice](http://uhs.berkeley.edu/practice).

Engage with Community

- **UHS Group Counseling** - Connect with other students through shared experiences. View schedule: [uhs.berkeley.edu/groups](http://uhs.berkeley.edu/groups).
- **Accountability NEST** - An online UC Berkeley community provided by humanest - ask questions, get professional guidance, support, and connect with others like you on an anonymous forum: [uhs.berkeley.edu/engage](http://uhs.berkeley.edu/engage).
- **Community-Specific Resources** - Find culturally-relevant support on campus: [uhs.berkeley.edu/especiallyfor](http://uhs.berkeley.edu/especiallyfor).

Talk with a Provider

- **Individual and couples counseling** - Same-day appointments available at UHS: [uhs.berkeley.edu/individualcounseling](http://uhs.berkeley.edu/individualcounseling).
- **Let’s Talk** - drop-in consultations with a mental health provider (not formal therapy): [uhs.berkeley.edu/letstalk](http://uhs.berkeley.edu/letstalk).
- **Specialized counseling** - with Social Services dept. at UHS: [uhs.berkeley.edu/socialservices](http://uhs.berkeley.edu/socialservices).
- **Psychiatry** - Ask a counselor to connect for a referral to see a UHS psychiatrist: [uhs.berkeley.edu/psychiatry](http://uhs.berkeley.edu/psychiatry).
- **Off-Campus Referrals**: Connect with off-campus clinicians for long-term therapy or medical evaluation: [uhs.berkeley.edu/capsreferrals](http://uhs.berkeley.edu/capsreferrals).

Access Crisis Services:

- **UHS Urgent Same-Day Counseling** - Call (510) 642-9494 from Monday through Friday, 8 am-5 pm. Learn more at [uhs.berkeley.edu/individualcounseling](http://uhs.berkeley.edu/individualcounseling).
- **After-hours crisis support** - Students also have access to mental health crisis support after-hours by calling (855) 817-5667.
- **PATH to Care Center** - confidential and holistic support for SVSH survivors at UC Berkeley. Call the 24/7 Care Line at (510) 643-2005. Learn more at [care.berkeley.edu](http://care.berkeley.edu).
- **Suicide Prevention Hotline** - Call 988 for nationwide support.

For more information: [uhs.berkeley.edu/mentalhealth](http://uhs.berkeley.edu/mentalhealth)