

MENTAL HEALTH RESOURCES

For UC Berkeley staff, faculty, and students concerned about UC Berkeley students' emotional well-being.

COUNSELING

Counseling & Psychological Services (CAPS)

Individual, group and career counseling for students, crisis drop-in, and after hours assistance. uhs.berkeley.edu/counseling | (510) 642-9494

Social Services (SOS)

Counseling and case management for students presenting with alcohol/drug, sexual assault/rape, relationship or other violence concerns; chronic or newly diagnosed medical conditions, pregnancy, medical withdrawals. Support and resources for family housing residents at University Village. uhs.berkeley.edu/social-services | (510) 642-6074

Be Well at Work Employee Assistance

Formerly CARE Services. Counseling for faculty and staff for a wide range of issues from work-related stress, depression, anxiety, grief and loss, alcohol/drugs, children, marital and eldercare issues, and campus crisis response. (510) 643-7754 | employeeassistance@berkeley.edu

Wellness Appointments (Health Promotion)

Health educators meet with students to discuss self-care and healthy lifestyle choices. Topics include but are not limited to stress management, procrastination, insomnia, headaches, test anxiety, and sexuality concerns. uhs.berkeley.edu/hp | (510) 642-2000

Phone consultation about students in distress

Available through CAPS, Be Well at Work Employee Assistance, and Social Services.

Workshop and trainings on mental health issues

Available on a limited basis.

RESPONSE AFTER A CAMPUS CRISIS

Counselors at Tang help students and staff after a death or other traumatic event. We reach out to affected individuals and groups and offer consultation about how departments and units can support others. Call CAPS and speak to a manager to get immediate assistance.

Connect with us

 @TangCenterCal

 Be Well Cal

 @bewellcal

 Be Well Buzz

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

De-stress with our free massage chair!

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

ONLINE RESOURCES

Depression awareness and suicide prevention:

Brief training on how to deal with students in distress.

Online screenings:

Brief, anonymous screenings for common mental health issues—depression, anxiety, eating disorders, alcohol, bipolar disorder and post-traumatic stress.

Campaigns:

- **Be Well Cal:** Addresses student stress
- **Look for the Signs:** Addresses student depression
- **Go Tang!:** Student's guide to getting started at Tang
- **What's Eating You:** Physicians, nurse practitioners, nutritionists, and counselors working to support students with eating disorders and concerns.
- **survivorsupport.berkeley.edu:** Sexual violence protection and response

Gold Folder:

For faculty/staff and GSIs assisting students in distress. See the Gold Folder at uhs.berkeley.edu/goldfolder

Mental Health Handbook:

A comprehensive resource to assist faculty, staff and GSIs. See the Gold Folder at uhs.berkeley.edu/mentalhealthhandbook