

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.
- **Campus-wide wellness resources** - on the Berkeley Recalibrate website at recalibrate.berkeley.edu.
- **Biblio-therapy** - view book recommendations from UHS mental health providers at uhs.berkeley.edu/bibliotherapy.

Engage with Community

- **UHS Group Counseling** - Connect with other students through shared experiences. View schedule: 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.
- **Community-Specific Resources** - Find culturally-relevant support on campus: uhs.berkeley.edu/especiallyfor.

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.
- **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.
- **Suicide Prevention Hotline** - Call 988 for nationwide support.

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.

Talk with a Provider

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

Explore More:



For more information: uhs.berkeley.edu/mentalhealth