

**Stressed? Isolated? Feeling like an Imposter?  
Worried about a friend?**



## **Know the Resources for Grad Students at Counseling and Psychological Services (CPS)**

University Health Services, Tang Center,  
3rd Floor, 2222 Bancroft Way  
(510) 642-9494

**[uhs.berkeley.edu/students/counseling](https://uhs.berkeley.edu/students/counseling)**

Office Hours: 8am – 5pm M-F

Crisis Counseling Drop in Hours: 10am – 5pm M-F

After Hours Assistance Line: (855) 817-5667

### **Counseling**

*Counseling and Psychological Services (CPS) provides a variety of services for students to help with personal, academic, career, and crisis concerns. Access to CPS counseling services are free to all registered UC Berkeley students. Professional counselors are available at the Tang Center, as well as at several satellite offices. For graduate students who do not want to run into the undergraduates they teach, satellite offices might best serve your needs.*

#### **Individual and Couples**

- Brief counseling (up to 8 visits) with first 5 free of charge
- To get started in counseling or to determine whether counseling is right for you, call (510) 642-9494 or stop by the Tang Center.
- Brief counseling is not right for everyone. CPS will help you find a referral in the community that will work with your health insurance plan
- Psychiatric medication can be helpful for some emotional difficulties. Students can get referrals to a psychiatrist from a CPS counselor or from their primary care provider

#### **Groups**

- CPS offers group counseling specific to graduate student needs
- Skills groups for managing stress, anxiety, and depression
- Support groups for both Graduate Women and Graduate Men

### **Self-Help Resources**

**[uhs.berkeley.edu/students/counseling/selfhelp.shtml](https://uhs.berkeley.edu/students/counseling/selfhelp.shtml)**

- **Anonymous Screenings for Mental Health**
- **Dealing with Stress in Graduate School**
- **Information on Depression and what to do if you or others are depressed (includes “Just in Case” phone app)**
- **Guide to helping a distressed undergraduate student**
- **On-line training : Depression Awareness and Suicide Prevention**

#### **Crises**

**[uhs.berkeley.edu/home/emergency.shtml](https://uhs.berkeley.edu/home/emergency.shtml)**

- For urgent concerns, emergency crisis counseling is available at Tang on a drop-in basis
- For urgent concerns after hours or during weekends, call the after-hours assistance line (855) 817-5667 to speak to a counselor

#### **Consultation**

If you are unsure how to help a friend or an undergraduate you teach, phone consultations are available at CPS to help support and guide you.