

# Mental Health Resources

UC BERKELEY

BIOLOGY SCHOLARS PROGRAM

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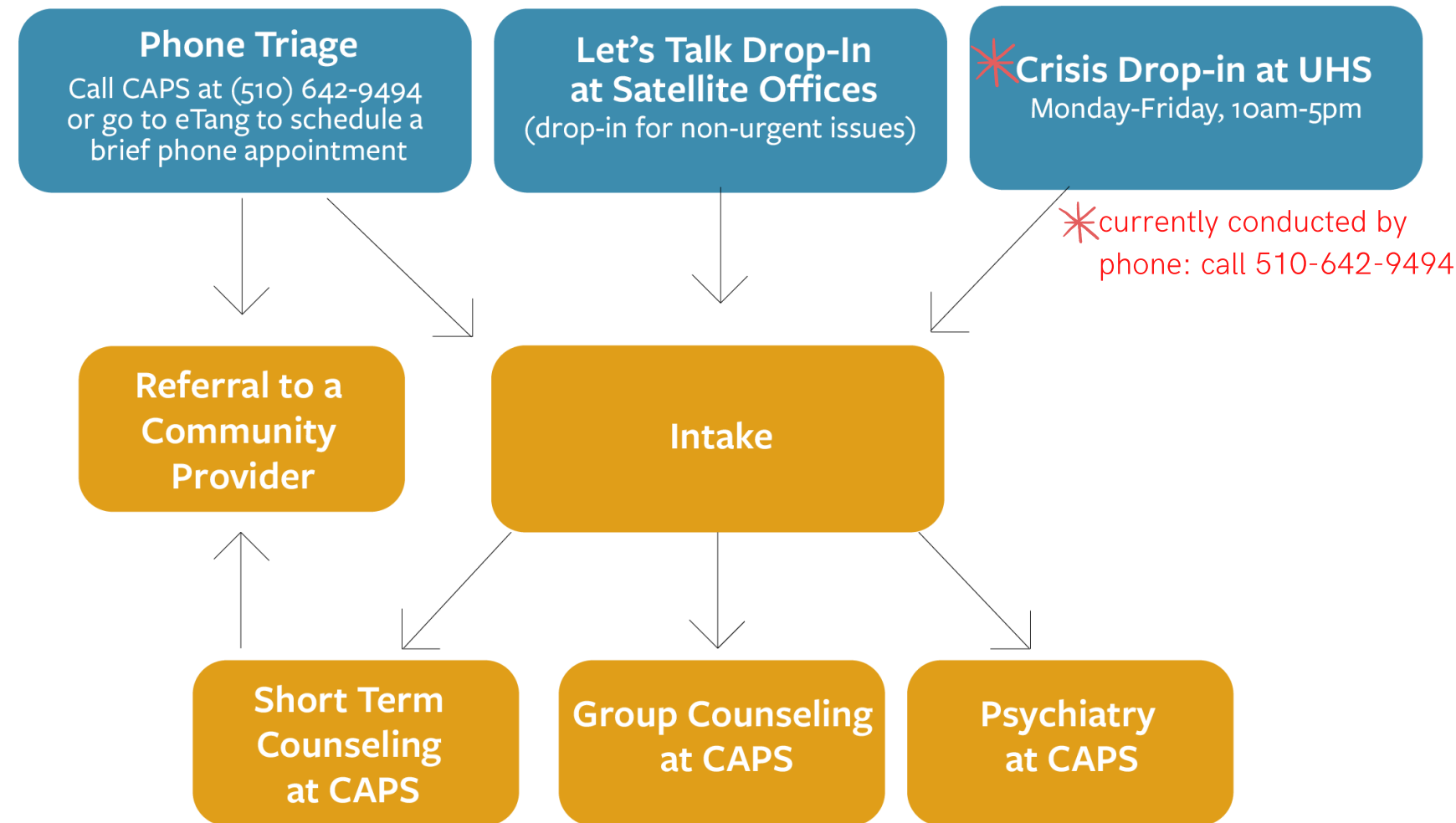
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# Counseling and Psychological Services (CAPS) on campus

CAPS offers short term counseling for personal, academic, and career issues. There is no charge to get started and all registered students can access services regardless of insurance.

## How to Get Started

**Step 1.**  
Reach out to CAPS through one of these options:



**Step 2.**  
CAPS Staff will triage your needs to the best resource

Note: CAPS does not currently have any in-person hours. Counseling visits are available by phone or video M-F, 8am-5pm.

# Off-Campus Counseling Referrals with SHIP

Sometimes seeking therapy or medication services off campus is your best option to address a particular concern or meet your individual needs. With SHIP, off-campus counseling sessions have a copay of \$15 per visit.

\*Click on underlined text for more information\*

## Students in California can:

1. Use the Wellfleet directory to find a provider
2. Search Psychology Today to find a provider

## Students outside of California can:

1. Use the Cigna directory to find a provider
2. Use teledoc to find a provider

## Students outside of the US can:

1. find any provider in the country they are physically located in. Contact Travelguard for help finding a provider
  - a. Note: Students will be responsible for the full cost of the appointment at the time of the appointment, but can submit a claim for reimbursement to Wellfleet. Contact SHIP



## Off-Campus Counseling Referrals without SHIP

### Students outside of California can:

1. Contact their insurance carrier to find out what online platforms are available. They will also provide information on what their coverage is outside of California.

### Students outside of the US can:

1. Contact their insurance carrier to find out coverage abroad.
  - a. Note: mental health services in other countries may not always be adequate or existent. If students need support figuring out resources, please complete the [Off Campus Mental Health Referral Request Form](#).

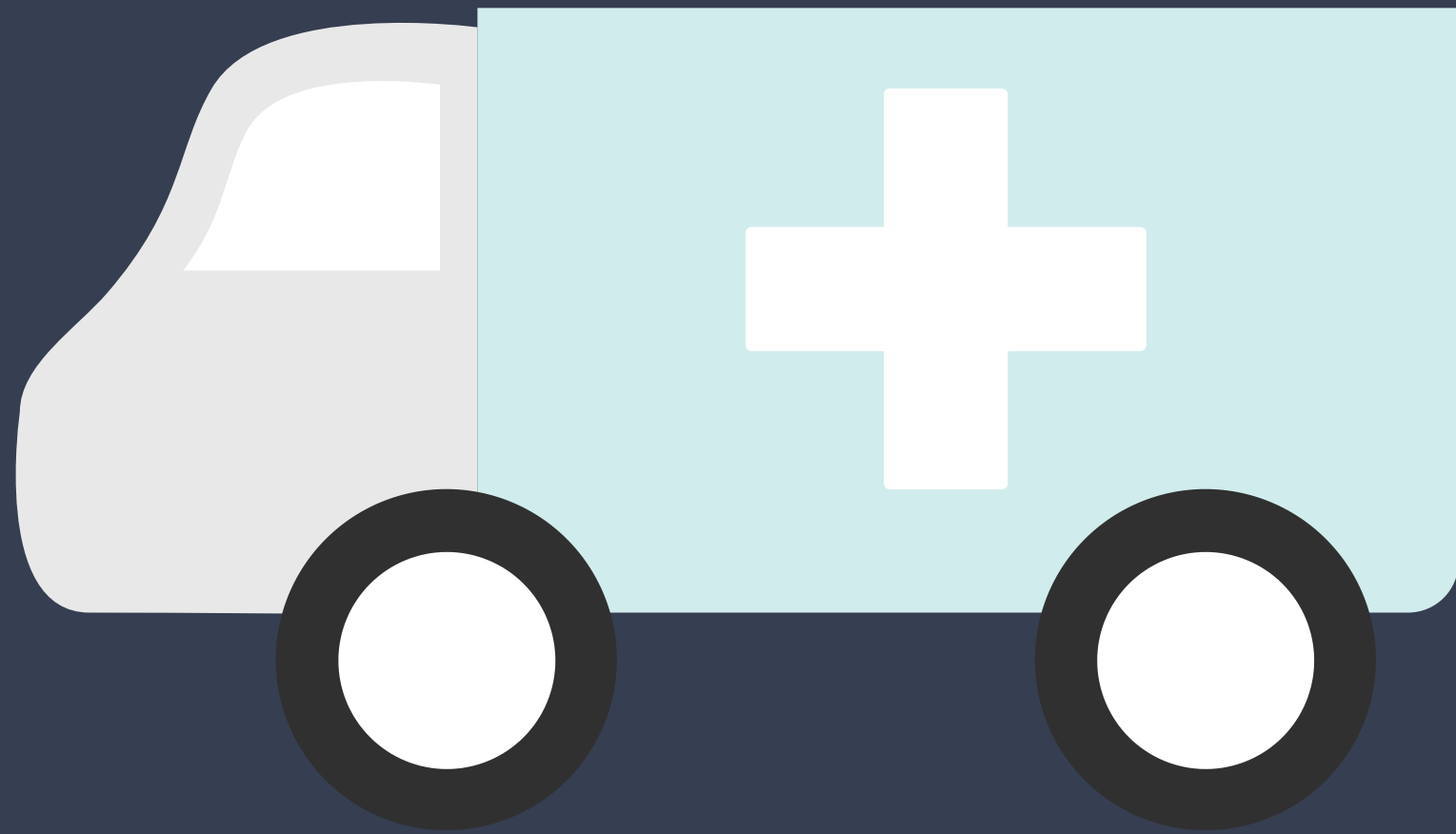


# Undocumented Student Mental Health Support Program

Provides a confidential space for undocumented students to be seen by a licensed therapist who will collaborate with them on an individual wellness plan free of cost.

## Services Provided:

1. Drop-in: an informal brief consultation with one of licensed mental health providers. Click [here](#) to sign up
2. Scheduled Appointments: Call one of the confidential phone numbers and leave a voicemail with your name and SID:
  - a. Bianca Barrios, PhD – (510) 664-5342
  - b. Diana Peña, PhD – (510) 664-7483
3. Support for additional mental health costs for undocumented students
  - a. Psychiatry evaluations, appointments, and labs
  - b. Off-campus ADHD assessments
  - c. Psychiatric medications
  - d. Off-campus therapy co-pays: [Mental Health Refund Application](#)



## Urgent & crisis mental health support

**For urgent mental health concerns when CAPS  
and the Undocumented Mental Health Support  
Program is closed:**

1. Call the Student After Hours Counseling Line at 855-817-5667
2. Find a local emergency room.
  - a. The closest to campus is Alta Bates Hospital, 2450 Ashby Ave.
3. Non-University affiliated crisis/suicide prevention hotlines:
  - a. Crisis Support Services of Alameda County (800) 309-2131
  - b. National Suicide Prevention Lifeline (800) 273-TALK (8255)
4. "Just in Case" a UC phone app that connects you to emergency resources and helps you decide when to reach out for help





**Other  
resources for  
de-stressing  
and self-care**

1. Headspace: an app for guided meditation
  - a. Student discount: \$10/year
2. UCLA free guided meditation
3. SAM: an app for anxiety management
4. OAK: meditation and breathing
5. SuperBetter: an app with a gaming concept to increase resilience during difficult times.

\*Click on underlined text for more information\*