

FEELING STRESSED AND DEPRESSED?



While stress is part of being a student, it can become overwhelming and can lead to other mental health problems. Visit **Be Well to Do Well** online at uhs.berkeley.edu/bewell for more information about:

SELF-HELP RESOURCES

Studies show students who seek help for their stress and depression perform better academically than those who don't.

- **Stress and stress management**

- **Check your mental health online**

University Health Services offers online screenings for depression, anxiety, eating disorders, bipolar disorder and post-traumatic stress. The screenings may help you determine whether seeking professional consultation would be of benefit to you. These free screenings are available to all UC Berkeley students, staff, and faculty members and are taken anonymously.

- **How to connect with counseling**

CPS counselors are skilled at assessing stress, anxiety, and depression and can help determine what would be helpful in your situation. Short-term counseling is available at CPS to help you learn strategies to manage your anxiety and your moods and to help you sort out difficulties that may be contributing factors. If you need longer term counseling or specialized services, we can help connect you with community mental health providers that will work with your health insurance plan.

Call (510) 642-9494 to make an appointment. Crisis drop-in is available at the Tang Center Monday-Friday from 10am-5pm. For help after-hours, call (855) 817-5667 and ask to speak with a counselor.

HOW TO HELP SOMEONE ELSE

Whether you are student, faculty, staff or just a concerned friend or loved one, you have many options for helping a student you are concerned about.

- **How to connect with counseling**

- **Urgent help when Tang is open or closed**

- **Consultation on how to help someone else**

- **Links to online screenings and trainings**

#bewellcal

LOOK FOR THE SIGNS

People of all ages, genders, and ethnicities suffer from depression.

Look for the Signs Online

- Look for the signs of depression
 - Get tips for helping someone else
 - Find resources for consultation
- uhs.berkeley.edu/lookforthesigns



Just in Case App

Help is at your fingertips, 24 hours a day!

Download the brand new Berkeley Just in Case app bit.ly/justincaseberkeley

FOOD & BODY IMAGE HELP

1,500-3,000 students here at UC Berkeley may be suffering from an eating disorder and up to 30% of any U.S. college may be struggling with an eating disorder.

- **More information about eating disorders**
- **More information on Tang's Eating Disorder Treatment Team**
- **Lots of handouts and online resources to help**
- **Information about the Tang Center's "Food and Feelings" group -**
For those with concerns about the effects of chronic dieting, exercise obsession, body image and acceptance.
- **What's Eating You campaign**
For those struggling with eating too much, not eating enough, eating on a budget, body image issues, or just a desire to have better eating habits.

FINANCIAL STRESS HELP

95% of college students say the nation's economic crisis impacted their family's finances last year, and 93% have seen an effect on their own bank account.

- **Get 5 hints for reducing your stress about money NOW**
- **Check out the many campus resources that can help**



Come to the Tang Center and
**de-stress with our
MASSAGE CHAIR!**

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

CONNECT WITH US!

 **@TangCenterCal**

 **Be Well @ Cal**

 **@bewellcal**

 **Be Well @ Cal
Monthly Buzz**

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

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