

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



Want to manage your stress more effectively? Struggling with your advisor?  
Feeling like an Imposter? Isolated? Worried about a friend?

**Don't wait until a crisis!**

## Counseling

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

- To get started or to determine whether counseling is right for you, call (510) 642-9494 or stop by the Tang Center.
- Many students benefit from just one or a few sessions of counseling. If you need longer term counseling or specialized services, we can help connect you with community mental health providers that work with your 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.
- For couples counseling, only one partner needs to be a registered student.
- A maximum of up to eight sessions is offered per academic year. The first five sessions are offered at no charge.

### 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

### Crises

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

- Crisis drop-in is available at Tang Monday-Friday from 10am-5pm.
- For urgent concerns after hours, 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.

### Hours

Check the website for most accurate office hours.  
Crisis Drop-In Hours: Monday-Friday 10am-5pm  
After Hours Assistance Line: (855) 817-5667

### 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
- Online training: Depression Awareness and Suicide Prevention

### Satellite Offices

Boalt Law School – 362 Boalt Hall  
Bowditch Annex – 2311 Bowditch St.  
College of Engineering – 241 Bechtel  
College of Environmental Design – 220 Wurster  
Disabled Students Program – 487 Evans Hall  
Haas School of Business – Room F408  
International House – 2299 Piedmont Ave, Room 315  
Incentive Awards Program – Room 337, 2610 Channing  
Residential Life – Room 333, 2610 Channing Way  
Undocumented Student Program – 112 Cesar Chavez

**Call (510) 642-9494 for more information and counselor availability.**

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2222 Bancroft Way, 3rd Floor, Berkeley, CA 94720  
[uhs.berkeley.edu/students/counseling](https://uhs.berkeley.edu/students/counseling)  
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Tang Center