

ASUC Mental Health Commission

Mental Wellness Resource *Handbook*

A Guide to Mental Wellness Resources on UC Berkeley Campus
and in the Greater Berkeley Community

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History & Structure of the ASUC Mental Health Commission

The first iteration of the **ASUC Mental Health Commission** was the **UC Berkeley Mental Health Coalition**, formed by ASUC Senator Briana Mullen in 2014. The Coalition's original vision was framed by the Mental Health Action Plan, which was later retitled as the "**ASUC Mental Health Action Plan 2016**" after the passing of an ASUC Senate Resolution during the 2015-2016 academic year. The Plan outlined recommendations of mental health platforms for the University to invest in such as developing mental health education for first year students, increasing University Health Services hours and staffing, and others.

The **UC Berkeley Mental Health Coalition** was reformed into the **ASUC Mental Health Commission** during the 2016-2017 academic year, suspended during Spring 2017 and Fall 2018 due to transitioning difficulties, and reinstated during Spring 2018. Commissions are "quasi-autonomous units within the ASUC that hold powers as defined in their respective charter by-laws" (ASUCBL 3301). As the Commission, we are charged with several duties including, but not limited to "

- ▶ **Engaging** in dialogue with campus offices, programs, and organizations about wellness, mental health awareness, avoidance of the stigma surrounding mental health, mental health inclusivity, and mental health resources and opportunities.
- ▶ **Working** with other ASUC entities to hold campus mental health stakeholders such as RSOs, relevant Senators, and the Academic Affairs Vice President accountable [...]
- ▶ **Addressing** the intersectionalities of mental health including, but not limited to, race, gender, ability, diverse identities, access to basic needs, etc. [...]
- ▶ **Advocating** for and **initiating** the centralization of mental health resources created by any campus entity, and **acting** as a liaison between all entities representing campus mental health. " (ASUCBL 3308).

The structure of the commission as of Spring 2019 is as follows:

Chair: oversees commission's operations, communicates and coordinates with the ASUC, and manages special projects

External Department: manages commission's communications/projects with "external stakeholders" which include but are not limited to university administration and University Health Services

Internal Department: manages commission's communications/projects with "internal stakeholders" which include but are not limited to registered student organizations (RSO's)

Communications Department: manages commission's online presence and directs campus outreach

Contact Us

ASUC Mental Health Commission

 **Website:** <https://asuc.org/commissionscommittees/>

 **Email:** mentalhealthcommission@asuc.org

 **Facebook:** @ASUCMHC



Resources Overview

Mental Wellness Resources Overview

Navigating mental health resources can be overwhelming. In any circumstance, you're always welcome to seek out the Tang Center's [Counseling and Psychological Services](#). But if you want guidance for a specific situation, we've outlined various potential options for you as well. We hope this helps you on your journey to mental well being.

Something feels off, Trauma, Interpersonal conflict

Let's Talk Drop-In Counseling*

uhs.berkeley.edu/counseling/lets-talk

Free, informal, drop-in consultations with counselors from Tang.

Path to Care Center

24/7 hotline: (510) 642-1988 | care.berkeley.edu

Free resources, support, and guidance for survivors of sexual violence and harassment.

Restorative Justice Center

rjcenterberkeley.org | rjcenterberkeley@gmail.com

Provides trainings, workshops, and community building circles regarding conflict resolution, inclusivity, and campus climate issues.

Recalibrate

recalibrate.berkeley.edu

An online triage for resources that address unique wellness needs.

Online Screening

uhs.berkeley.edu/look-for-the-signs

screening.mentalhealthscreening.org

Find out if you are experiencing symptoms of a mental health condition.

SF Crisis Line | (415) 781-0500

Crisis Text Line

Text HOME to 741741

Tang 24/7 Counseling Line

(855) 817-5667

Mobile Crisis Team

(510) 981-5900 | (510) 981-5254

11:30am - 10pm daily

<http://bit.ly/mobilecrisisteam>

Mental health professionals that provide immediate response to mental health crises.

Urgent Drop-In Counseling*

10am - 5pm weekdays

For urgent concerns at the Tang Center, no appointment necessary.

In case of an emergency where these resources are insufficient, call 911.

Emergency, Potential danger to myself or others

Basic Needs, Career Indecision, Finances, Accessibility

Basic Needs Security

basicneeds.berkeley.edu

FB: [@UCBbasicneeds](#), [@ucberkeleyfoodpantry](#)

Food, housing, finances, and accessibility.

Food Assistance Program

financialaid.berkeley.edu/food-assistance-program

Provides Cal1Card dollars for food insecure students regardless of eligibility for CalFresh.

Career Library

uhs.berkeley.edu/career-library | (510) 642-2367

A free, professionally-staffed collection of books, files, and electronic resources to explore majors, careers, and graduate programs.

Career Counseling

career.berkeley.edu/Info/MakeAppt

Unlimited appointments to explore career possibilities, resources, and professional advice.

7 Cups

7cups.com/p/ucberkeley

Connect with trained peer listeners.

Berkeley Free Clinic

2339 Durant Ave.

(510) 548-2570 | (800) 6-CLINIC

berkeleyfreeclinic.org

Free, confidential peer counseling for 18+.

Health Coaching* | (510) 642-2000, opt. 4

uhs.berkeley.edu/healthcoaching

Free sessions to guide you towards living a healthier lifestyle.

NAMI | FB: [@ucberkeleynami](#)

Student organization that provides mental health support for students.

Student-to-Student Peer Counseling | sspc.berkeley.edu

Free, one-on-one, confidential counseling provided by fellow students through walk-in appointments or phone calls.

Social Services* | uhs.berkeley.edu/socialservices

Specific counseling covering topics such as alcohol, chronic illnesses, gender identity, and sexual violence.

SafeSpace

FB [@SafeSpaceBear](#)

safespacebear@gmail.com

Mobile-friendly chat platform for anonymous peer-to-peer conversation.

Depression, Anxiety, Unhealthy Lifestyle, Stress, Identity

Counseling & Psychological Services (CAPS)
uhs.berkeley.edu/counseling/individual
 Short-term counseling open to all Cal students.

1. Initial phone triage | (510) 642-9494
Assess concern + schedule intake appointment.
2. Counseling appointment.
3. Referral to CAPS programs or community counseling.

CAPS psychiatry
uhs.berkeley.edu/counseling/psychiatry
 Psychiatric medications require a referral from a Tang counselor.

CAPS group counseling
uhs.berkeley.edu/counseling/group
 Free, requires CAPS clinician referral.

*Additional CAPS services, no triage or referral required.

Academic Stress Primer: Navigating Procedures

DSP Accommodations

What accommodations are available?

Note taking, Alternative media, Test-taking, Accessible furniture

How to apply

Submit the online application and then make an appointment with a DSP Specialist at (510) 642-0518 (Make sure you have necessary documentation prior to this) Once you have been approved for services, log on to the DSP website to request your accommodations.

Everything you need to know:
<https://dsp.berkeley.edu/>

Extra services available for students who come from low-income backgrounds.

Reduced Course Load

What is it?

If you would like to take fewer than 13 units, you can apply to have a reduced course load.

Who can get a reduced course load?

- Students who work more than 15 hours per week (requires this petition)
- DSP students (requires a DSP letter)
- Student parents
- Graduating seniors
- Students who are only completing their major honors program

How do you do it?

In all cases, make sure to talk to an academic adviser before dropping any classes. Some cases, like DSP students, require special documentation, or will require you to visit certain offices. All of the requirements can be found [here](#).

When's the deadline?

Students must submit their petitions by the middle of the 4th week of the semester.

Taking a reduced course load could impact your financial aid. See an adviser in Cal Student Central before dropping any classes.

More information:
<https://ls.berkeley.edu/advising/planning/enrolling/course-load-limits>

Withdrawal

What is it?

If you withdraw from UC Berkeley, you are discontinuing your studies and de-enrolling in the university.

How do you do it?

Meet with an academic adviser, a Cal Student Central adviser, and (if applicable) someone in the Housing Office and/or in the International Office. They will assist you in the formal process. You will have to be the one to initiate the withdrawal.

Can you come back to UC Berkeley?

How?

Contact an adviser in your college for more information. When you feel ready to return to UC Berkeley, you will have to reapply for admission. You can find more information about readmission [here](#).

What are the different types of withdrawal?

If you are withdrawing for health reasons, consider a [medical withdrawal](#) [requires documentation in all cases and will affect SHIP if withdrawal exceeds a semester]. You can find more information about medical withdrawals [here](#). Personal or general withdrawals can also be made for medical reasons but have different criteria.

What are potential effects of a withdrawal?

A withdrawal will remove the semester's grades from your transcript, but your transcript will note that you withdrew. A withdrawal does not affect your GPA.

You may not get your tuition, fees, or other payments refunded. Academic Probation may also impact a readmission and result in needing to take further classes after a withdrawal.

What's the difference between cancellation and withdrawal?

If you decide not to return to UC Berkeley before the start of a semester, contact the Office of the Registrar. This is considered a cancellation, and you will not have to pay any tuition or fees.

If you decide to leave UC Berkeley during the semester, you are withdrawing.

More information:
<https://studentcentral.berkeley.edu/withdraw>

Late Change of Schedule

What is it?

If you need to make a change to your class schedule (adding or dropping a class), or to change your grading option (letter grade to pass/no pass) after the deadlines have passed, you can do a late change of schedule.

Regardless of the information below, please ensure you meet with an adviser before taking any action and be mindful of the deadlines for each college.

What do you have to do?

Letters and Sciences

You can only pick one semester during your time in Berkeley to make a late change to your schedule. In that one semester, you are allowed two actions. Fill out this [form](#) and drop it off!

College of Engineering

You can pick one semester only during your time in Berkeley to make a late change to your schedule. There may be a fee reflected on your CalCentral. Please refer to this [form](#) and discuss with your adviser.

College of Natural Resources

Speak with a college adviser.

College of Environmental Design

Refer to this [form](#) and discuss with adviser.

College of Chemistry

Speak with a college adviser.

Haas School of Business

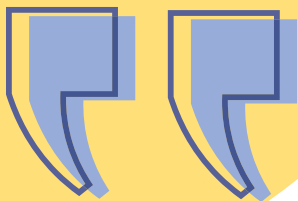
Refer to this [form](#) and discuss with your adviser

For all

Advising, documentation and instructor approval is necessary to submit a form.

Extenuating Circumstances may apply

On-campus bodies, like Path to Care and Basic Needs Security, can perform late changes on your behalf if you are experiencing extenuating circumstances, without it counting as your one per semester.



Student Anecdote

Over the past two years, I have tried ten different types of psychiatric medications, for a host of different reasons: mainly I take them to treat my severe anxiety and depression, and also to reduce insomnia, boost the effects of my primary antidepressant, and treat the side effects of other medications.

I first sought out medication in my freshman year of college, because I felt like therapy alone wasn't enough. I had come to college depressed but hopeful; however, after weeks of being unable to leave my bed, throwing up from anxiety, and having panic attacks on the bus, I needed a new solution. I began to take a tetracyclic antidepressant, assuming it would work because it had worked wonders for my twin sister's depression.

I was told it might take two or three different tries to find a medication that would alleviate some of my incapacitating depression. I was told about the "black box warning," a blanket warning on all antidepressants that details their risk of suicidal ideation. But all of these explanations were couched in language that suggested that while taking medication might take a little adjustment at first, I'd be just fine. This didn't turn out to be quite true. No one could have known that the time that I was at high risk of experiencing extreme side effects, or that I had treatment-resistant depression.

Despite stressful, and at times abhorrent, experiences with psychiatric medications, they have saved my life. After trying four antidepressants, four antipsychotics, and two anti-anxiety medications, I found a regimen that stabilized me enough to function in everyday life and finally make real progress in therapy.

I do not wish to sugar-coat this experience. I have gone through rapid trial periods of different medications, taking so many that I've been left in far worse places than when I started. I have been physically sick and totally mentally depleted by this process. But these medications have vastly increased my quality of life. There is an abundance of evidence that shows that a holistic approach is the most effective way to treat mental illness, incorporating exercise, nutrition, therapy, and medication. For me, though, the first three are impossible to accomplish without first being on medication to reach a stable and functional point.

However, some view medication as untrustworthy, dangerous, or even as "cheating." Some of my friends and family have tried to convince me that my mental illness can be solved instead by meditation, exercise, a better diet, prayer, just going outside, eating more vegetables, and a host of other cure-all solutions. A viral tweet with over 175,000 by @patthemanager on Twitter gives a host of suggestions of what to consider before taking "mental illness drugs," including "make ur bed" and "realize ur loved." Therapy is noticeably absent from this list. And I cannot count the number of times I have seen a popular photo that is reposted and circulated over all my social media feeds, and has been for years; written over a beautiful forest are the words "this is an antidepressant," and over a pile of pills, "this is shit."

Others have told me that they think medication is great--as a last resort, a temporary solution, or as something they'd support others trying but would never try themselves. I think the narrative that medication is untrustworthy and should only be used sparingly only leaves us in the way of more pain. By dismissing the efficacy of medication and making their consumption conditional on certain factors like trying every other option imaginable, we hurt each other and prevent each other from healing.

There isn't a right answer or a fundamental truth. What works for me is only ever going to work for me. The narrative that mental illness can be treated with exercise, nutrition, and lifestyle changes implies that a standardized, one-size-fits-all formula is the only cure, and will work for everyone. This is simply not the case. Mental illness, and any illness, will take different forms in different bodies, and every individual requires a treatment plan catered specifically for them. What I do know is that medication is a viable option, and often an option with a net-positive value. It comes with its side effects and its risks, and these must be considered carefully when choosing whether this is the right choice for anyone. But it can be the right choice for a lot of us.





| Institutional Resources

Mental Health Specific Resources

Berkeley Recalibrate

Find resources for any wellness issue by searching for a specific issue or through exploring resources. Good for learning about mental health awareness

Website: <https://recalibrate.berkeley.edu/home>

Crisis Hotline(s)

SF Suicide Crisis Line: 415-781-0500

Crisis Text Line: Text HOME to 741741

Tang 24/7 Counseling Line: (855) 817-5667

Online Screenings

A quick and simple way to take an anonymous mental health screening.

Website: <http://screening.mentalhealthscreening.org>

University Health Services

Find resources that are specific to Depression. Allows students and faculty to look for signs of someone having depression.

Website: <https://uhs.berkeley.edu/look-for-the-signs>

Counseling and Psychology Services (CAPS)

Triage

- Call CAPS front desk to schedule: (510) 642-9494
- Start with a brief telephone triage appointment with a CPS/CAPS staff member to assess your needs and they will direct you to the most appropriate counselor

Satellite Offices

- This is a resource offered by University Health Services.
- Schedule initial consultation by phone: (510) 643-5447
- Professional CPS/CAPS counseling at satellite locations, in the event that it is difficult to access counseling at the Tang Center
 - [DSP Referral](#)
 - [Community Referrals](#)

CAPS Psychiatry

- Referred by CAPS counselors or social services
- Psychiatric clinicians can meet with students to determine which medications might be helpful and to recommend a course of treatment; if medication is appropriate, psychiatrist can provide follow-up care and help adjust medication and dose when needed

Website: <https://uhs.berkeley.edu/counseling/psychiatry>

CAPS Group Counseling

Requires CAPS clinician referral, free

Website: <https://uhs.berkeley.edu/counseling/group>

Urgent Drop in Counseling

Tang Center

Hours: Weekdays 10 am - 5 pm

No appointment necessary

Let's Talk

Let's Talk is a drop in program that provides easy access to informal confidential consultations with a counselor from Counseling and Psychological Services. There is no appointment or fee necessary.

Website: <https://uhs.berkeley.edu/counseling/lets-talk>

Psychology Clinic, Department of Psychology

2205 Tolman Hall Berkeley, CA 94720-1650

Hours: Mon-Fri 9am-5pm, Tues-Thurs 9am-7pm

Phone: (510) 642-2055

Sliding scale therapy provided by PhD students in Clinical Science

API Counseling Services

Cesar E. Chavez Student Center, Room 249

UC Berkeley Campus

Hours: Tues 3:30pm-5:30pm

Walk-in counseling and consultation for Asian American Pacific Islander (API) students. No appointment needed

Website: <https://uhs.berkeley.edu/apiconnect/>

University Health Services (UHS) Social Services

2222 Bancroft Way #2280 2nd floor, Room 2280

Berkeley, CA 94720

Hours: Mon-Fri 8am-5pm

Phone: (510) 642-6074

- No charge to get started
 - All registered UCB students can access services regardless of their insurance plan
 - Provides individual counseling, group counseling, and consultation. Staff will assess a student's immediate needs and develop a plan to resolve their needs
- Provides support for: alcohol and other drugs, problems related to one's own or a family member's use chronic medical condition or new diagnosis, eating and body image disorder, medical withdrawal administration nutrition, pregnancy resources and referrals, relationship violence, stalking or other violence, sexual health, sexual violence, and victims of crime.

General Wellness Resources

Path to Care Center

- The Path to Care Center provides resources, support, and guidance for survivors and victims of sexual violence and harassment. The center provides comprehensive support, from serving as a safe place for healing to accompaniment to medical appointments.
- All resources are free for all UC Berkeley affiliates, and includes prevention, advocacy, training, and healing services

Contact:

24/7 Hotline: (510) 642-1988

Email: pathtocare@berkeley.edu

Website:

<https://care.berkeley.edu>

Bears for Financial Success

Financial Aid and Scholarships Office (211 Sproul Hall)

- Bears for Financial Success provides workshops and one-on-one appointments to help students manage personal finances in Berkeley and after graduation. Resources relate to managing debt, saving money, understanding credit, identity theft, and more.
- For all UC Berkeley students, free

Can schedule appointments:

<http://my.setmore.com/bookingpage/98ca3e7a-819a-4b64-bc8b-154a647d114c>

And accommodate walk-in appointments

Website:

<https://financialaid.berkeley.edu/bears-financial-success>

Career Counseling

- Career Counseling provides a safe, supportive, and confidential space to communicate and explore career possibilities, while also providing relevant resources and advice.
- For UC Berkeley students, free, have specialized counseling for certain groups, such as international students, pre-health students, and those interested in joining the Peace Corps or Teach for America
- Unlimited appointments
- By appointments made on Handshake (wait is generally 2-weeks max) for in-person or phone sessions, many options for drop-in counseling with peer advisors, career counselors in the Career Center 3rd floor, major/school - specific counselors in respective department buildings.

Website:

<https://career.berkeley.edu/Info/MakeAppt>

CalFresh

Pop-up hours: Cal Student Central line area in Sproul Hall lobby

Weekly Office Hours: Stiles Hall

- CalFresh provides debit-like EBT cards for Alameda County residents facing food insecurity.
- Application required, start at enrollment sessions year-round on campus
- For eligible (<http://dev-uc-berkeley-calfresh.pantheon.berkeley.edu/eligibility/>) students who are US citizens or legal permanent residents

Contact:

Email: calfreshsupport@berkeley.edu

calfreshoutreach@berkeley.edu

Website:

<http://calfresh.berkeley.edu/>

Food Assistance Program

- The Berkeley Food Assistance Program provides Cal1Card dollars for students who are food insecure and have exhausted other funding options.
- For currently enrolled students who are not eligible for CalFresh and have financial need, or are eligible for CalFresh and are in extreme need or have yet to receive their CalFresh debit card
- Only during regular academic year
- Application required, due in December and May

Website:

<https://financialaid.berkeley.edu/food-assistance-program>

Bear Pantry

100 Cesar Chavez Student Center

Food bank for students who have minor dependent children, and who are receiving financial aid

Contact:

thebearpantry@berkeley.edu

Website:

https://www.ocf.berkeley.edu/~spa/bear_pantry.html

UC Food Pantry

2400 Bancroft Way (Stiles Hall)

Only open Monday-Thursday

- Provides emergency food resources
- Provide 5 free items every two weeks, no questions asked
- Students can visit the pantry twice per month, each visit provides supplemental nutrition for 8-10 days

Contact:

ucberkeleyfoodpantry@gmail.com

Website:

<https://pantry.berkeley.edu/>

General Wellness Resources (Continued)

Restorative Justice Center

- The UC Berkeley Restorative Justice Center provides services including trainings and workshops about conflict resolution, inclusivity, and campus climate issues, along with community building circles and other programs responding to social justice inequalities
- Mission: Our goal is to encourage the transformative-potential of restorative practices on campus to build communities of care, address harm, stimulate authentic communication and educate students on social justice issues, including the inequities of our education and criminal justice systems in the Bay Area and beyond

Contact:

rjcenterberkeley@gmail.com

Website:

<http://rjcenterberkeley.org/>

Career Library

2220 Bancroft Way (Courtyard of the Tang Center)
 The Career Counseling Library is a free, unique collection of books, files, directories and electronic resources staffed by a professional staff who will help you explore majors, careers and graduate programs

Contact:

Phone: (510) 642-2367

Email: careerlibrary@berkeley.edu

Website:

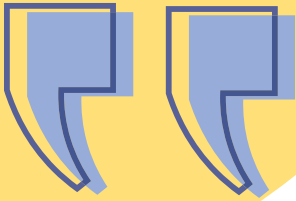
<https://uhs.berkeley.edu/career-library>

UHS 2017-2018 Impact Statement

- In the 2017-2018 academic year, **36%** of the entire student body screened for depression and anxiety
- In the 2017-2018 academic year, **20%** (~8500) of the entire student body made mental health services appointments (an increase from 17% the previous academic year)
- In the 2017-2018 academic year, **9000 condoms and other safe sex supplies** were distributed by students and staff at campus events

National Institute on Mental Health

- Nearly **one in five** U.S. adults live with a mental illness
- The prevalence of any mental illness is higher among **women** (21.7%) than men (14.5%)
- Young adults aged **18-25 years** had the highest prevalence of AMI (22.1%) compared to adults aged 26-49 years (21.1%) and aged 50 and older (14.5%).
- The prevalence of AMI was highest among the adults reporting **two or more races** (26.5%), followed by the American Indian/Alaska Native group (22.8%). The prevalence of AMI was lowest among the Asian group (12.1%).



Student Anecdote

Bystander.

You hear this term so much from the moment the teacher first talks to you about what to do when a bully hurts a friend. Being a bystander when that bully is hurting themselves however, is a very different matter. No person is a bully because of a legitimate mental health complication they may endure, but mental health crises that are not addressed can spiral into the bully that can pose a threat.

My sister lived in a mirror. She destroyed her self esteem by comparing herself to other students, never seeming to escape its gaze. I did not understand her struggles and saw her depression as a an angsty phase.

She broke the mirror, and locked away the secret inside her and beneath the sleeves of her hoodie so that nobody could see it. And when I didn't see her in her room, and learned that she was in a hospital bed fighting for her life, I felt guilty.

It was when I walked into the psychiatric hospital where my sister was recovering, that I understood what obstacle I had been facing: my own ignorance to the causes of her depression.

Being a bystander requires challenging your presupposed prejudice. As bystanders, we also ought to understand our positions of privilege while simultaneously recognizing faults, in order to ultimately develop an open mindset to address mental health crises that we have been so conditioned to treating as angst or normalized.

A voice of care and support is sometimes necessary when someone expresses a loss or need. In that moment when my sister needed me, I made a conscientious effort to reach out and make myself available and gave space for her to voice her concerns.

Someone needing legitimate help shouldn't be ignored nor assumed. Too often we have to break boundaries of social incompetence and stigma, to get there, but if it is in a manner that is respectful, takes account of privilege and does not marginalize pain from an unaddressed mental health complication, helping a loved one can be helpful.

I had to overcome my prejudice about her condition to realize that what it means to truly care for someone to give up the narrative you are comfortable with and embrace differences in perspective by walking away from your own mirror and interacting with someone face-to-face for a mutual, human understanding.

Bystanders don't simply see shards of a broken mirror and walk away-they see pain and act. Bystanders help a loved one reshape a mirror in ways that they can see themselves develop, grow and be proud of their identity. Bystander intervention is equally important as self love, making space and taking care of your mental health, and when practiced in conjunction with these values, it is a norm we need.





Community Resources

Registered Student Organizations

7 Cups

7 Cups Berkeley is an online, preventative mental health tool to connect students to trained peer listeners from Cal.

Contact:

Email: 7cupsberkeley@gmail.com
 Facebook: [@7cupsberkeley](https://www.facebook.com/7cupsberkeley)

Website: <https://www.7cups.com/p/ucberkeley>

UC Berkeley Chapter of NAMI (National Alliance on Mental Illness)

We are the UC Berkeley chapter of the National Alliance on Mental Illness. During the school year, we facilitate support groups, focus on wellness and self-care, and host events to raise awareness on mental health. Our primary goal is to help destigmatize mental illness while simultaneously providing a support network for Cal students.

Contact:

Email: namiucb@gmail.com
 Facebook: [@ucberkeleynami](https://www.facebook.com/ucberkeleynami)

De-stress with Dogs

De-stress with Dogs is an organization that promotes mental health, and removes the stigma surrounding it through our wonderful canine companions. Since having a dog is not a viable option for many students, our objective is to host gatherings of local dogs, along with community members, to provide a positive space for de-stressing and relaxing.

Contact:

Email: destresswithdogs@gmail.com
 Facebook: [@destresswithdogs](https://www.facebook.com/destresswithdogs)

Website:

https://destresswithdogs.wordpress.com/?fbclid=IwAR-3r1lI35pdRXLU5V6ZYzv0hC3kpjsuVpxeKawhMd_iO-A6HsMQskTd_gPIg

SafeSpace

SafeSpace is a mobile-friendly, anonymous, peer-to-peer website chat platform for UC Berkeley students to share their similar mental health issues.

Contact:

Facebook: [@SafeSpaceBear](https://www.facebook.com/SafeSpaceBear)
 Email: safespacebear@gmail.com

Student-to-Student Peer Counseling

Student-to-Student Peer Counseling is a group of student counselors providing free, one-on-one, confidential, walk-in and phone-in services to UC Berkeley students. As peer counselors, we provide a supportive atmosphere where students can openly talk about their feelings. Additionally, we provide up-to-date, extensive referrals for students seeking professional or specialized help. Please note that all of our services are completely free and confidential. We are not professional counselors. This allows us to communicate with students as peers.

Contact:

Email: sspcemail@gmail.com
 Facebook: [@calsspc](https://www.facebook.com/calsspc)

Website:

https://sspc.berkeley.edu/?fbclid=IwAR2ZfQQcMTh-VGNGiMfgat_9Jm_6w0iKun3KGLxhzlYbgx5IdIYF5_Fts-WQO

You Mean More

Founded in 2011, You Mean More is UC Berkeley's first mental health awareness and suicide prevention group. The club aims to offer a safe space through which members can participate in increasing awareness (The club hosts the annual UC Berkeley Suicide Prevention Walk), support, and prevention resources for the prevalent issues of mental health on campus.

Contact:

Email: youmeanmore@gmail.com
 Facebook: [@Ucbcampuswalk](https://www.facebook.com/Ucbcampuswalk)

Website:

https://ymm.berkeley.edu/?fbclid=IwAR3HN-CRExt7v35GSu9WtgE2tB8I_QrLSJM-YUJ8_66nFDTCp-9T3Y22V1C98

General Community

For more information about community/identity specific resources, please visit <https://uhs.berkeley.edu/community-specific-information-and-services>

Berkeley Free Clinic

Contact:

Phone: (510) 548-2570
 (800) 6-CLINIC

Email: info@berkeleyfreeclinic.org

Mobile Crisis Team

Hours: 11:30am to 10pm everyday

The Mobile Crisis Team aims to provide immediate response to mental health crises. Low cost or free therapy from psychology graduate/post graduate students

Contact:

Phone: (510) 981-5900
 Voice message: (510) 981-5254

Website:

[https://www.cityofberkeley.info/Health_Human_Services/Mental_Health/Mobile_Crisis_Team_\(MCT\).aspx](https://www.cityofberkeley.info/Health_Human_Services/Mental_Health/Mobile_Crisis_Team_(MCT).aspx)

Wright Institute

Contact:

Phone: (510) 548-9716
 CBT Clinic Phone: (510) 923-2241

Website:

<http://www.wi.edu/wi-clinical-services>

UC Berkeley Psychology Clinic

*not affiliated with Institutional Resources

Contact:

Phone: (510) 642-2055

Website:

<https://psychology.berkeley.edu/clinics/our-services>

Pacific Center for Human Growth

Contact:

Phone: (510) 548-8283 (extension x250 for 24 hour counseling request line)

Email: info@pacificcenter.org

Website:

www.pacificcenter.org

The Psychotherapy Institute Clinic

Contact:

Phone: (510) 548-2250

Website:

<https://www.tpi-berkeley.org/clinic>

UCOP Promoting Student Mental Health

- According to the 2015 National College Health Assessment report published by the American College Health Association, over a 12-month period:
 - 47.7% of students felt things were hopeless
 - 34.5% of students felt so depressed it was difficult to function
 - 8.9% of students seriously considered suicide
- Following national trends, an increasing number of UC students are utilizing counseling services. There has been a documented 54% increase in utilization of counseling services over the past 8 years.
- This increase is significantly higher than the enrollment growth at UC over the same period (15.5%).
- This growth in demand may actually be an underestimate of needs because students may choose not to seek counseling at our centers because of limited staffing and increasingly lengthy non-crisis wait lists.

Local Support Groups

East Bay OCD Support Group (EBOCD)

Contact:

Tim: (925) 699-1355 or quinntem@gmail.com
 Cailin: cailingreenburg@berkeley.edu

Website:

<https://iocdf.org/support-groups/oakland-ca-east-bay-support-group/>

Depression and Bipolar Support Alliance Berkeley Bipolar Group (DBSA)

Contact:

Jeff: (510) 485-8116
 Email: berkbipolar@yahoo.com

Hearing Voices Network Berkeley Support Group

Contact:

Email: bayareahearingvoices@gmail.com
 Facebook: @bayareahearingvoices

Website:

<http://www.bayareahearingvoices.org>

NAMI Alameda County Connection Recovery Support Group

Contact:

Kathryn Lum: 408-422-3831

Not Alone East Bay Depression Support (Meetup)

Website: <https://www.meetup.com/Not-Alone-East-Bay/>

East Bay Adult Autism/Asperger's Social Support Group (Meetup)

Website: <https://www.meetup.com/Adult-Autism-Aspergers-Social-Support-Group/>

CHADD Berkeley/Oakland Support Group for adults with ADHD (Meetup)

Website: <https://www.meetup.com/Oakland-Berkeley-ADHD-Adult-Group-CHADD/>

National Association of Anorexia Nervosa and Associated Disorders (ANAD) San Francisco Support Group

Contact:

Phone: (415) 840-0670
 Email: woodleaf.group@gmail.com (to sign up)

Website:

<http://www.anad.org/affiliates/anad-support-groups/san-francisco-support-group/>

ANAD San Francisco Queer Support Group

Contact:

Brittany: (818) 584-4597 or brittanyrae.ladin@gmail.com
 prior to attending

Website:

<http://www.anad.org/affiliates/anad-support-groups/san-francisco-support-group-2/>

HOPE - Eating Disorder Support Group

Contact:

Email: ABSMC_EatingDisorders@sutterhealth.org to
 request information

Website:

<http://www.altabatessummit.org/eatingdisorders/resources/schedule.html>

Adult Survivors of Child Abuse Oakland (Meetup)

Website:

<https://www.meetup.com/Adult-Survivors-of-Child-Abuse-Oakland/>

Alcoholics Anonymous

Contact:

24 hour hotline: (510) 839-8900

Website:

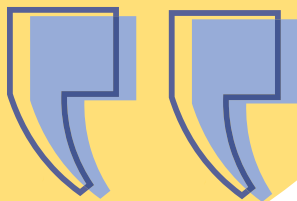
<https://eastbayaa.org>

Narcotics Anonymous- Recovery on Campus

475 Barrows Hall
 Hours: Wednesday 7:30 pm

Contact:

24 hour hotline: (510) 444-4673



Student Anecdote

Tang saved my life.

It had taken me 13 years of dysfunction to seek help, and I remember knowing it was a mistake the moment I stepped into the therapist's office. Forty five minutes of polite smiles and fake nods later I left the patronizing counselor and vowed to never return again.

But four months later, I was back. At Urgent Drop In Counseling at Tang, the kind lady seemed confused by my symptoms, but was concerned enough to help me make a therapy appointment, thus changing my life completely. Unlike the first counselor I saw before, this new one listened, laughed at my self-deprecating jokes (of which I had many), and offered to see me again for as long as I needed.

For the next year, I spent months navigating the mental health care system, trying different psychotropic medications, and spent a brief stint in a psychiatric hospital. Throughout it all, Tang's presence in my life operated like a safety net in the background. My therapist assured me that I could always visit his free drop in hours if things were to ever turn south in between sessions (which they did). And when I was hospitalized, the first person to call me was not my mom, but the coordinator from Tang to make sure I was being treated okay, not being misgendered, and that I knew I could come to them after being discharged.

To this day, I still see that same therapist at Tang. He has taught me to name the violent thoughts that bubble up and how to skillfully de-escalate their destructive effects. He has allowed me to cry fifteen minutes past our appointment, teaching me that it's okay to not hold myself so carefully, that it's okay to let others hold us too. And after a year of crisis management, I've finally stabilized enough to spend our time talking about my relationships, passions, and future — all of the things that make life worth living once you have the capacity to imagine a life ahead of you.

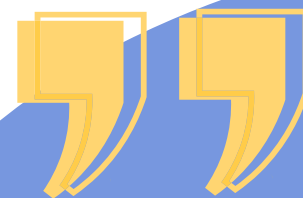
That is not to say that they did all the work. After all, it was ultimately my own choice to leave my bed after three

days, and my effort to navigate the Disabled Students Program to get the necessary accommodations to juggle school, work, extracurriculars, and a debilitating condition. It was the love of my friends that checked in on me when I desperately needed it, and the work of student organizers that carved out community spaces on campus where I felt safe. It was the work of the Food Pantry that made sure I was fed even when I had spent my money on medications. It was Tang's Trans Care Team that asked me what I needed to be well as a trans nonbinary person, took it in, and said, "okay, so here's what we can do for you."

So I say Tang saved my life, but in reality it never is just one thing. It was my community, the pockets of our university that actually practice a culture of wellness, and the destigmatization efforts happening all across the board. It is the radical idea that well-being, whether mental, emotional, or physical, is imperative to our livelihood — and that any barrier to that must be dismantled.

But as always, systems are imperfect and fail us. For every helpful interaction at Tang, there are so many students who, like my first time, vow never to seek out mental health treatment again due to a lack of cultural competence or accessibility. There are students who work full time and cannot make Tang's operating hours, and students who are chastised for not "sucking it up". And even if you bypass all those hurdles, it can still take months to get an appointment. And so the work is never done. Institutions need to be kept accountable to students' needs and to change the campus culture surrounding mental health.

Even though I still have days where I can't seem to function, at least now I know that it's okay, and that I have the resources I need to help me get through it. And I hope that with this handbook, you can start figuring out what those tools look like for you too.





Organization/ Club Wellness

Wellness For Your Organization

Common trends in organizations on campus that could be mitigated by building a culture of wellness

- *Burnout*
- *Excessive and/or chronic stress and anxiety*
- *Isolation & lack of community*
- *Interpersonal conflict and confrontation*
- *Substance dependence*
- *Sexual harassment*

Why you should care about building institutional wellness

- Helps your members' well-being and therefore increases productivity, retention, reputation and therefore recruitment
- Helps sustainability of your organization, of your members, and of yourself

Elements of organizational culture that go into building a common culture of wellness

- Shared values and priorities
- Peer support, adequate training, resource sharing, scaffolding
- General climate and morale, teamwork, community
- Individual changes but also institutional modeling

National Alliance on Mental Illness

- LGBTQ individuals are **2 or more times** more likely than straight individuals to have a mental health condition
- **11%** of transgender individuals reported being denied care by mental health clinics due to bias or discrimination
- Approximately **26%** of homeless adults staying in shelters live with a mental illness
- African American & Hispanic Americans used mental health services at about **1/2** the rate of whites in the past year and Asian Americans at about **1/3** the rate.

Ways to Build A Common Culture of Wellness

1) Implement wellness check ins at beginning of meetings through:

- Highs and lows
- Rose, bud, thorn
- Community agreements
- Lay down ground rules for your organization
 - a) Ex. respect, confidentiality...etc

2) Designate a wellness point person(s)

- Direct people to wellness (mental, physical, emotional health) resources
- Institute a conflict mediator
- Could integrate with social chair/leadership role

3) Increase access to socials:

- Fund and host socials not involving partying, alcohol, or other drugs
- Make them financially accessible to all members
 - a) Use stipends, sliding scale, free or low cost
- Be cognizant of member's needs (physical, mental, emotional)
 - a) Institute mechanisms to have accommodations for members

4) Institutionalize accommodations:

- Your members could be dealing with something affecting their wellness at any point in time (ex. Family, finances, illness)
 - a) recognize this and enforcing accountability but also being as accommodating and understanding as possible
 - b) Possible that they don't feel comfortable disclosing, don't pressure
 - c) Emphasize a culture of collaboration, not competition
- Member-wise: being communicative of your own needs
 - a) Not taking on more than you can do
 - b) Letting people know if you need help
 - c) Allowing others to support you if needed
 - d) Being receptive to members who need to say 'no'

5) Prioritize Self Care

- Model examples of self care
- Avoid normalizing toxic Cal culture be mindful and emphasize collaboration not competition
 - a) Ex. not sleeping, not eating, suicide jokes...etc

6) Promote Transparency & Inclusivity

- Organization-wide communication
- Prioritize sensitive language and issue trigger warnings
 - a) Ex. "the following presentation or training may have potentially disturbing information, if you need to step out, please do so"
- Interpersonal interactions (socials, group discussion, listening)
- Allow people to introduce themselves
 - a) Don't assume you know people's backgrounds
 - b) Normalize the use of gender pronouns during introductions

7) Promote member inclusion

- Use non-hierarchical structures (multi-level or horizontal as opposed to vertical)
 - a) Incorporate everyone's feedback
 - i. Anonymous feedback forms and surveys
 - b) Prevent unhealthy power dynamics and potentially threatening relationships/hierarchy
 - i. Be especially mindful of sexual harassment
 - c) Cliques, integrate new members, etc
 - i. Chumming, mentorships, buddies

8) Promote recruitment diversity

- Be aware of the makeup of your club: is it diverse?
 - a) Are all types of people included?
 - b) If not, what is missing and how can your organization be more mindful of demographics?

