

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



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

The Graduate Assembly now has its own Wellness Counselor in 444D Eshleman Hall.

Counseling

Counseling and Psychological Services (CAPS) 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 the Graduate Assembly Suite in Eshleman Hall. For graduate students who do not want to run into the undergraduates they teach, it won't happen at the GA Suite!

Individual and Couples

- To get started or to determine whether counseling is right for you, call Amy Honigman, Ph.D. at (510) 664-5117
- 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 CAPS counselor or from their primary care provider.
- For couples counseling, only one partner needs to be a registered student.
- No fees for brief counseling

Groups

- Group counseling specific to graduate student needs
- Skills groups for managing stress, anxiety, and depression
- Referrals for both graduate women and men support groups

Crises

uhs.berkeley.edu/emergency

- Crisis drop-in is available at Tang Monday-Friday, 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 a student you teach, phone consultations are available at CAPS to help support and guide you.

Self-Help Resources

uhs.berkeley.edu/counseling/self-help

- Anonymous Screenings for Mental Health
- “Look for the Signs” campaign for information on depression
- Online trainings on assisting students in distress
- “Just in Case” phone app. Coping Tips and emergency information for students
- Resources for managing stress and wellness
- Gold Folder: reference guide for faculty/staff and GSIs to assist students in distress

Graduate Assembly Wellness Office 444D Eshleman Hall

Dr. Amy Honigman, a Cal Alumna, specializes in graduate student wellness. Housed in the Graduate Assembly Suite, 444 Eshleman Hall, Dr. Honigman is available to meet with graduate and professional students.

At this satellite office of the Counseling and Psychological Services department at UHS, Dr. Honigman offers services including Let's Talk drop-in (Mondays 2-3pm), individual and couples counseling, as well as groups focusing on Mindfulness, Stress and Resilience, and Transitioning from Self-Criticism to Kindness. She is also available to give talks and workshops on issues related to graduate students' well-being across campus.

