Our counseling staff is a multicultural group of professional counselors prepared to help with issues such as:

- Adjustment to school
- Anxiety or depression
- Deciding on a major
- Clarifying career goals
- Dealing with family or relationship issues
- Balancing school, work and home life
- Coping with crises
- Sexuality issues
- Procrastination
- ... and more

Counseling appointments are also available at the following locations:

- Boalt Law School – 362 Boalt Hall
- Bowditch Annex – 2311 Bowditch St
- Disabled Students Program – 260 Cesar E. Chavez Student Center
- Cesar E. Chavez Student Center – Room 150
- Graduate Division – 2241 College Ave
- International House – 2299 Piedmont Ave
- Incentive Awards Program – 2400 Bancroft Way
- Residential Life – RSSP Building, 2610 Channing Way

For questions about these sites, please call 510/642-9494
Services

Counseling for Students
- Brief individual and couples counseling
- Groups
- Career counseling and testing
- Drop-in counseling for urgent concerns
- Evaluation and follow-up for psychiatric medications
- Referrals to the community

All counseling services are confidential

Consultation and Outreach Services
- Workshops for students and student groups
- Training for faculty and staff
- Support after campus deaths or traumatic events
- Phone consultation about students of concern

Career Counseling Library
- Information about careers and majors
- Information on graduate and professional schools
- Computerized career guidance

On-line Resources
For more information about services, visit http://uhs.berkeley.edu/counseling
- Information about depression:  http://uhs.berkeley.edu/lookforthesigns
- Information about stress:  http://uhs.berkeley.edu/bewell
- On-line screenings for anxiety, depression and eating disorders
- On-line training for faculty and staff on dealing with distressed students
- Handouts on a variety of mental health issues

Career Services for UC Berkeley Staff
- Workshop series on career planning at Berkeley
- Career counseling and testing

For information, please visit:
http://careercompass.berkeley.edu/careerdevl/resources/workshops.html
http://uhs.berkeley.edu/facstaff/careercounseling

Connecting with CPS

Call 510/642-9494 to
- Make an appointment
- Get consultation about a student of concern
- Request training or workshops for your group

Crisis Counseling
If you are in a crisis, drop-in the Tang Center office between 10am - 5:30 pm Monday-Friday for same day counseling.

After-hours Assistance
For emergencies at night or on weekends, call 510/643-7197 to consult with a counselor. In case of a life-threatening emergency, students should go to the nearest hospital emergency room or call 911.

Eligibility and Fees

Eligibility
- All registered UC Berkeley students can use CPS services.
- You do not have to purchase the Student Health Insurance Plan (SHIP) to use services.

Fees
- Access to CPS services is free to all registered students.
- Minimal fees may apply after three sessions.

http://uhs.berkeley.edu/students/counseling