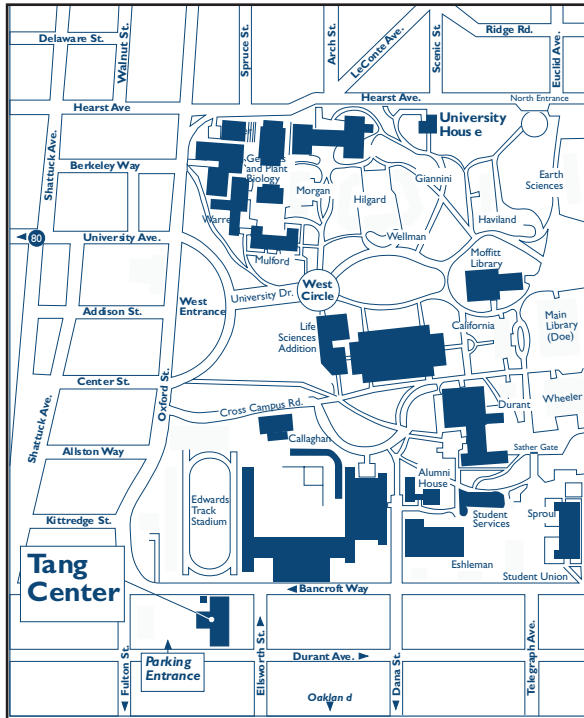


## LOCATION AND HOURS

The main office of CPS is located in the University Health Services, 3rd floor of the Tang Center - 2222 Bancroft Way, Berkeley CA.

Office hours are 8am – 5:30pm Mon., Tues., Wed. and Fri.  
9am – 5:30 on Thursdays



Counseling appointments are also available at the following locations:

- Boalt Law School – 362 Boalt Hall
- Bowditch Annex – 2311 Bowditch St  
*Visits by appointment only*
- 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 – RSP Building, 2610 Channing Way

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



**UNIVERSITY HEALTH SERVICES** *Tang Center*

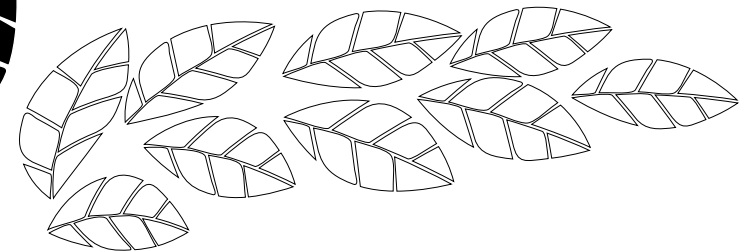
## **COUNSELING AND PSYCHOLOGICAL SERVICES (CPS)**

*CPS provides a variety of services for students to help  
With personal, academic, career and crisis concerns.*



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 and Psychological Services (CPS)**

University of California Berkeley  
2222 Bancroft Way, 3rd Floor, Berkeley CA  
510/642-9494

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

## 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.

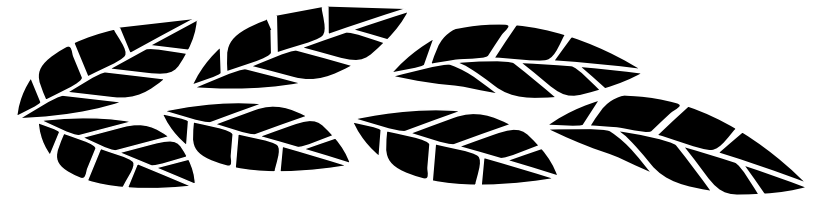
## ELIGIBILITY AND FEES

### **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>