

Thank you for coming in to speak with an SSPC counselor. You can access our feedback form here: <https://tinyurl.com/SSPCsession>. Please remember you are valued and we fully believe you have the capacity to navigate your situation. We want to remind you that you have 3 free sessions with us per semester, and below are some additional resources that may be of help. ~

General Resources

24/7 Hotlines

Suicide Hotline: 1-800-273-8255; <https://suicidepreventionlifeline.org/>

For Spanish-speaking folks: 1-888-628-9454; For Deaf/Hard of Hearing folks: 1-800-799-4889

Crisis Text Line: 741-741; <https://www.crisistextline.org/>

Domestic Violence Hotline: 1-800-799-7233; <https://www.thehotline.org/help/>

UC Berkeley Resources

UC Berkeley Counseling and Psychological Services (CAPS): (510) 642-9494;

<https://uhs.berkeley.edu/caps> @Tang Center 3rd floor; Make an appointment or drop-in.

CAPS after hours support line: (855) 817-5667

CAPS groups: <https://uhs.berkeley.edu/counseling/group>

Social services: <https://uhs.berkeley.edu/socialservices>

Referral database:

<https://uhs.berkeley.edu/counseling/counseling-and-psychological-services-caps/campus-referrals/caps-referral-database>

Student to Student Peer Counseling (SSPC): <https://sspc.berkeley.edu/> We are open 10-4 on weekdays and you can schedule an appointment or drop-in @312E Eshleman Hall

Basic Needs Security: <http://basicneeds.berkeley.edu/> Hub of campus resources for housing, food, and financial security.

National and Community Resources

Berkeley Free Clinic Peer Counseling: <http://www.berkeleyfreeclinic.org/peer-counseling>

Drop-in M-F 6:30-8:30pm. Can set up ongoing counseling.

To Write Love on Her Arms: <https://twloha.com/> Finds help for people struggling with depression, addiction, self-injury and suicidal thoughts.

NAMI: <https://www.nami.org/> Focuses on education and advocacy for folks with mental illness and their loved ones, and has a helpline: 1-800-950-6264.

La Cheim: <https://www.lacheim.org/> Mental health services and groups in Alameda County.

Clearwater: <https://www.clearwaterclinic.com/> Offers diagnostic and therapeutic DBT services for people ages 3 to 80 in Oakland. Young adult group program offered.

Alta Bates Behavioral Health (on Dwight @Herrick Campus):

<https://www.sutterhealth.org/absmc/services/behavioral-health> Provides inpatient and outpatient psychiatric services for a range of mental health issues.

Self-Harm

Calm Harm: <https://calmharm.co.uk/> App with timed DBT activities to help resist self-harm urges, with ability to log completed activities and track progress.

Cornell Research Program on Self-Injury and Recovery:

<http://www.selfinjury.bctr.cornell.edu/documents/distraction-tech-and-alts.pdf> Lists numerous distraction techniques and alternative coping skills for dealing with self-harm.

Eating Disorder/Body Image

Tang Center ED Treatment Team:

<https://uhs.berkeley.edu/counseling/social-services/counseling/eating-disorder-and-body-image> \$25 flat fee to be seen. Can call call UHS Clinic 3 at (510) 643-7110.

National Eating Disorder Association: <https://www.nationaleatingdisorders.org/> Advocates for individuals affected by ED. Call 800- 931-2237 or chat online with a trained volunteer.

Alliance for Eating Disorders Awareness:

<https://www.allianceforeatingdisorders.com/find-treatment/> Helps you find recovery options in a highly customized and individualized way.

Relationships and Sexual Violence

UCB PATH to Care Center: <https://sa.berkeley.edu/dean/confidential-care-advocate> Provides affirming, empowering, and confidential support for survivors and those who have experienced gendered violence, including: sexual harassment, dating and intimate partner violence, sexual assault, stalking, and sexual exploitation. Call (510) 642-1988.

Love Is Respect: <http://www.loveisrespect.org/> Educates young adults to prevent/end abusive relationships by offering support and resources. Text LOVEIS to 22522.

RAINN: <http://rainn.org/> Resources/hotline for abuse or sexual violence survivors.

Anxiety and Stress

99 Coping Skills: <http://www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx> List of coping skills to try.

Dartmouth Relaxation Downloads: <https://www.dartmouth.edu/~healthd/relax/downloads.html>
Audio files for guided meditation/mindfulness.

Grounding: Create Personal Calm:

<https://www.winona.edu/resilience/Media/Grounding-Worksheet.pdf> Grounding worksheet.

Anxiety Canada: <https://www.anxietycanada.com/adults/panic-disorder-tools> Panic disorder tools.

Depression and Bipolar Disorder

Antidepressant Workbook

<https://d3mh72llnfrpe6.cloudfront.net/wp-content/uploads/2018/02/09210135/asw-english.pdf> Interactive workbook that offers a step-by-step self-care guide with antidepressant skills for teens managing depression or concerned family members, friends, or partners.

Anxiety and Depression Association of America: <https://adaa.org/> Promotes prevention, treatment and support for anxiety, depression and related disorders.

Help Guide Bipolar Disorder: <https://www.helpguide.org/home-pages/bipolar-disorder.htm> Resources addressing symptoms and treatment.

University Health Services: What is Clinical Depression?

<https://uhs.berkeley.edu/health-topics/mental-health/clinical-depression> Provides information about the symptoms, causes of, and types of clinical depression.

Gender/Sexual Identity

Gender Equity Resource Center: <https://campusclimate.berkeley.edu/students/ejce/geneg> Campus community center committed to fostering an inclusive Cal experience for all. Students, faculty, staff and alumni can connect for resources, services, education and leadership programs related to gender and sexuality.

GLBT Near Me: <https://www.glbtnearme.org/> Provides an online database for finding GLBT-friendly resources and support in your area.

PFLAG: <https://www.pflag.org/> Provides LGBTQ community and their loved ones with information, tools, resources, advocacy, education and support.

Trevor Project: <https://www.thetrevorproject.org/> Provides LGBTQ youth with resources and crisis intervention services.

Grief

DIY Doula:

<https://static1.squarespace.com/static/57f7026fb3db2bbcce92abb3/t/5811796029687f04802e8180/1477540212493/DIYDoulaZine.pdf> Caring for one's self before, during, and after an abortion.

Dougy Center: <https://www.dougy.org/> Provides support in a safe place where people grieving a death can share their experiences.

Wendt Center for Loss and Healing: <https://www.wendtcenter.org/about-grief/> Support for people who have experienced loss, life-threatening illnesses, violence, or other trauma.

Crisis Support Services: <https://www.crisissupport.org/programs/grief-counseling/> Low-fee grief counseling and support groups for people in Alameda County.

Isolation/Loneliness

The Help Guide: Friendships:

<https://www.helpguide.org/articles/relationships-communication/making-good-friends.htm>

Making new friends, strengthening current friendships, and being more social.

Kindness: <https://www.kindness.org/> Creates initiatives for small acts of kindness—for anyone, anywhere—to create a sense of purpose and community.

Made of Millions: <https://www.madeofmillions.com/> Community forum that provides support and advocacy for people who suffer from various mental health issues.

Meetup: <https://www.meetup.com/> Find and connect with local groups of people who share common interests.

Substance Use

Support Group Meetings Near or In Berkeley 2019:

https://uhs.berkeley.edu/sites/default/files/support_group_meetings_.pdf List of Alcoholics Anonymous, Marijuana Anonymous, and Narcotics Anonymous meeting times and locations in Berkeley.

Alcoholics Anonymous: <https://www.aa.org/> Recovery from alcohol addiction through a 12-step program including regular attendance at group meetings.

Narcotics Anonymous: <https://www.na.org/meetingsearch/> Recovery from drug addiction through a 12-step program including regular attendance at group meetings.

SAMHSA Treatment Locator: <https://www.findtreatment.samhsa.gov/> Provides a directory for locating Behavioral Health Treatment Services for Mental Illness and Substance Abuse.

Suicide

American Foundation for Suicide Prevention: <https://afsp.org/> Provides resources for suicide prevention, grief support and education for individuals struggling with suicidal thoughts/feelings.

National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/> Toll-free 24/7 confidential suicide prevention and crisis hotline; call 1-800-273-8255.

University Health Services, Suicide Prevention:

<https://uhs.berkeley.edu/counseling/counseling-and-psychological-services-caps/prevention-education-outreach/suicide> Provides safety self for self or others during moments of suicidal ideation.

SAVE: <https://save.org/> Provides support groups for suicide loss survivors, as well as resources about suicide and finding help for yourself or others.

Trauma

The Wright Institute's Bay Area Trauma Clinic: <https://www.wi.edu/news-dailycal> Charges \$15 to \$80 per session depending on income. Helps individuals suffering from post traumatic stress disorder and other forms of trauma.

Center for Support of Intervention: <https://sa.berkeley.edu/csi> UCB, prevention and intervention for harm and violence on campus, Violence and Harm Prevention and Case Management.

Cultural Identity-Specific Resources

Community-Specific Information and Services at UC Berkeley:

<https://uhs.berkeley.edu/community-specific-information-and-services>

Asian Community Mental Health: <http://www.acmhs.org/>

API Connect: <https://uhs.berkeley.edu/apiconnect> Information for Asian American Pacific Islander communities on campus. Walk-in counseling Thursdays 4-6pm at the Cesar E. Chavez Student Center, Room 249 (APASD office).

Muslim Mental Health Initiative: <https://www.facebook.com/CalMMHI/> Provide on campus drop-in consultation hours, workshops, and "Ummah Talks" support groups.

Black Lives Matter Meditation for Healing Racial Trauma:

<http://drcandicenicole.com/2016/07/black-lives-matter-meditation/> 17 minute guided audio meditation using mindfulness, affirmation, and metta (loving-kindness).

The Well:

https://uhs.berkeley.edu/sites/default/files/styles/panopoly_image_original/public/bhm-thewell.jpg?itok=kghAo1Nh Campus Black healing space every first Friday in the Fannie Lou Hamer Black Resource Center from 1-2:30pm.

Instituto Familiar de la Raza- La Clinica: <http://ifrsf.org/programs/la-clinica/> Agency serving Latinx populations.

Undocumented Student Program Mental Health Services:

<https://undocu.berkeley.edu/academic-support/mental-health-support/> All Tang mental health services are free for undocumented students, and are completely confidential with legal status never being included in your records.

Native American Health Center: <http://www.nativehealth.org/> Services for Bay Area Native population including individual/group therapy, talking circles, ceremonies, community events, cultural healers.

Richmond Area Multi-Services: <http://www.ramsinc.org/> Agency serving Asian and Pacific Islander populations.

Multilingual Counseling Center: <http://multilingualcounseling.com/> Offer individual, couple, child, elderly, group therapy in English, Farsi, Dari, Italian, German and Spanish in Alameda County