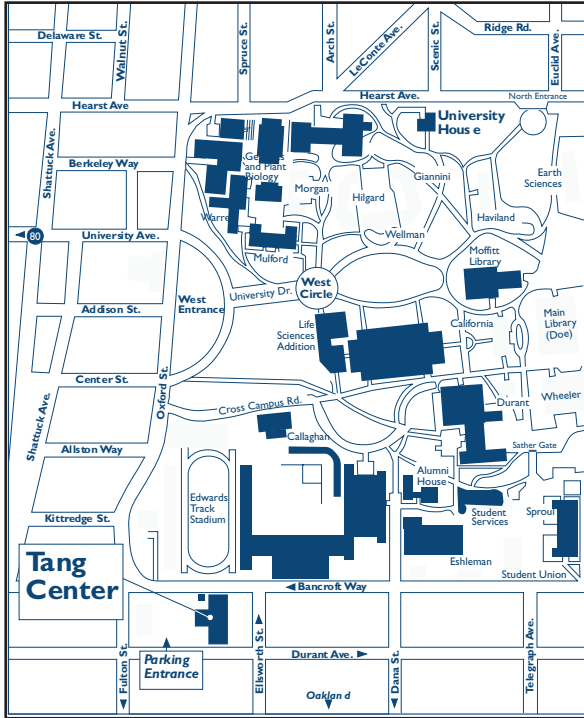


LOCATION AND HOURS

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 – 5pm Monday through Friday
Emergency Counseling Drop in Hours: 10am – 5pm M-F



Counselors are also available at the following locations:

- Boalt Law School – 362 Boalt Hall
- Bowditch Annex – 2311 Bowditch St, 2nd Floor
(one block west of Telegraph Ave., between Bancroft Way and Durant Ave.) *Visits by appointment only.*
- Disabled Students Program – 260k Cesar E. Chavez Student Center
- Cesar E. Chavez Student Center – Room 150
- Graduate Division – 487 Evans Hall
- 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



UNIVERSITY HEALTH SERVICES *Tang Center*

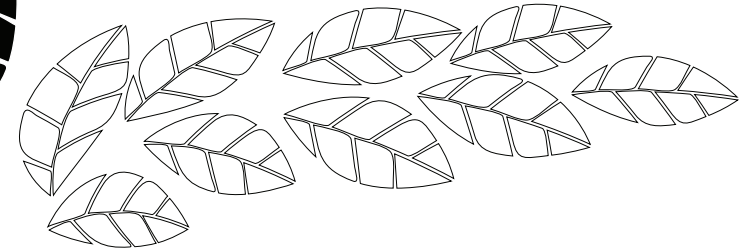
COUNSELING AND PSYCHOLOGICAL SERVICES (CPS)

*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

www.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 community therapists for longer term counseling

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 www.uhs.berkeley.edu/students/counseling

- Information about depression: www.uhs.berkeley.edu/lookforthesigns
- *Information about stress*: www.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:

www.careercompass.berkeley.edu/careerdevl/resources/workshops.html

www.uhs.berkeley.edu/facstaff/careercounseling.shtml

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 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.

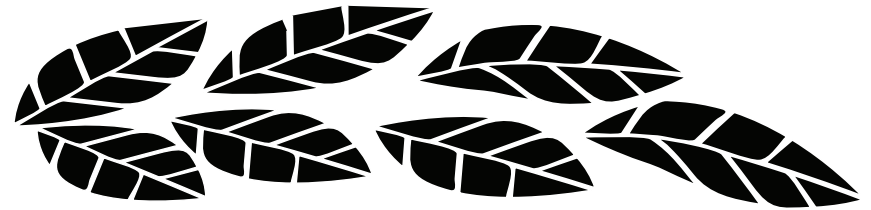
ELIGIBILITY AND FEES

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

- Initial counseling sessions and consultations are free of charge.
- Fees apply to counseling appointments beyond the fifth session and to all psychiatry appointments.



www.uhs.berkeley.edu/students/counseling