

# Menu of Resources

- [Self-help resources](#) can be found on our website.
- Wellness resources at [Berkeley recalibrate](#)
- [UCB Student Well-Being Portal](#)
- Bibliotherapy: [\(List of Self Help Books/Audio Books\)](#) \*\*\*Please Add Books and Sections to this List\*\*\*
- [UC Berkeley's Greater Good Science Center](#) describes a wide range of activities and practices one can start doing immediately to promote happiness and well-being, including decreasing anxiety and depressive symptoms.
- [TAO](#) is available to all students and offers an online library of interactive programs to help you learn life skills and tools to manage challenges such as stress and anxiety.
- [Online study through the CALM Program](#) Online program through Cal Psychology Dept. designed to help people who struggle with self-injury or suicidal ideation or behavior. Sheri Johnson, Professor of Psychology at UC Berkeley, and her team have developed this online intervention. Briefly, the program is targeted toward people who tend to feel as though they have troubles controlling their impulses during periods of intense emotion, and it is designed to supplement ongoing mental health treatment. The program consists of seven 15-30 minute online interactive modules, which aim to help people reduce access to self-harm means, and to learn to recognize emotions and their triggers, and to identify and practice coping skills for managing intense emotion. Intervention tools are drawn from cognitive behavioral approaches, and also use implementation intentions to help people pre-plan coping responses to high risk situations. To help people transfer skills into daily life, we also use daily text reminders for people to reflect on their emotions and coping strategies.
- [National Alliance on Mental Illness \(NAMI\)](#) - A mental health club for students
- [Student-to-Student Peer Counseling](#)
- [Mental health workshops](#)
- Students interested in [Career Assessment Consultations, Career Library Resource Tours, or TAO Coaching Sessions](#) can use this [link](#) to access all of these appointments, or they can email [careerlibrary@berkeley.edu](mailto:careerlibrary@berkeley.edu) to get started.
- [Health coaching](#) appointments are available through Health Promotion.
- [CAPS and BHP Groups](#) including drop-in groups ([Referral Process for BHP Workshops](#))
- Drop-in Counseling at CAPS Monday-Friday from 9-4 this Summer. 9-5 in the Fall.
- [Social Services](#) for specialized counseling services
- [Therapists in the community](#) can see students more frequently and longer term. If a student is seeking medication evaluation/management, they might also consider a community psychiatric provider.
- For students with SHIP, [Teladoc](#) is another option for ongoing therapy and psychiatry services (medication management for mild-moderate depression and anxiety) through online video sessions.
- For students without SHIP encourage them to contact their insurance provider for information about remote services and referrals.

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- Students living outside of California can access information/guidance regarding referrals on our website [here](#).
- Consider a ***referral to our Referral Case Management*** and/or consultation regarding referrals
- The ProtoCall after hours support line is available 24/7/365 (855-817-5667)