

Training, Education and Resources

Training

Campus Mental Health Trainings by Counseling and Psychological Services (CPS)

UC Berkeley offers several opportunities for Faculty/Staff, Graduate Teaching/Research Assistants, student groups, academic departments and administrative units for training related to student mental health and wellness. The goal of this outreach is to demystify counseling, educate the campus community on mental health issues and to help others know our counselors. CPS is able to tailor all trainings for your specific group and time constraints.

TRAININGS OFFERED

Demystifying CPS

Learn more about what CPS offers and how to use services. This training will help the campus understand the support services such as individual, group and career counseling as well as how to receive phone consultation when CPS is closed.

Gatekeeper Training

This training (for faculty/staff and GSIs) focuses on understanding the basics of the Gold Folder, a resource for assisting students in distress. Training will address the various ways that undergraduate and graduate students can exhibit distress and ways to connect students to campus resources. There will be a discussion of how to refer students to resources, how to better communicate with students who are reluctant to seek services and how to consult with campus professionals should you have questions.

QPR — Question, Persuade, Refer

Through lecture, exercises and discussion, learn how to effectively interact with an individual who may be thinking about suicide and identify obstacles that interfere with someone getting help.

Stress-Management and Wellness in a Diverse World

This training will help one think through the common stress of being an undergraduate or graduate student at UCB. The training will address triggers, symptoms and coping strategies.

CONTACT

Although staffing for outreach can be limited at peak times, we do our best to accommodate all requests. Contact UC Berkeley's Counseling and Psychological Services (CPS) at 510-642-9494 or visit:

<http://www.uhs.berkeley.edu/students/counseling/outreach.shtml> for more information or to schedule a training.

TRAININGS AVAILABLE ONLINE

All three trainings are available at the same web page:

<https://uhs.berkeley.edu/counseling/self-help-resources/online-trainings>

- **Webinar for UCB faculty** – working with distressed students (1 hour)
- **Webinar for UCB GSIs** – working with distressed students (1.5 hours)
- **Depression Awareness** – brief online training (15 minutes)

Education

The Center for Teaching and Learning (CTL)

“Great teachers do not all have a single style — but they do all have a singular goal: to reach students in ways that have deep and lasting influence on how they think and act throughout their lives and careers.”

—Anonymous

The Center for Teaching and Learning (CTL) at UC Berkeley supports, enhances and promotes teaching and learning at Berkeley. Its services include consultation and program facilitation on all aspects of teaching, as well as administration of teaching-related awards, fellowships and grants for the 1,582 full-time and 500 part-time faculty members across more than 130 academic departments and more than 80 interdisciplinary research units. CTL works closely with and provides support for the Committee on Teaching of the Berkeley Division of the Academic Senate, the Colleges and Schools, as well as other academic partners across the campus who support the instructional mission.

Resources on the CTL website include:

- Services and Programs
- Fellowships and Grants
- Teaching Resources
- Assessment and Evaluation
- Campus Policies
- Distinguished Teaching Awards

Contact the Center for Teaching and Learning (CTL) at 510-642-2360 or via email at teaching@berkeley.edu. Visit <http://teaching.berkeley.edu/> to learn more.

Resources

CAMPUS RESOURCES FOR STUDENTS

Counseling and Psychological Services

510-642-9494

For consultation about students of concern and for help connecting students to counseling or other resources

After-Hours Assistance Line

855-817-5667

For consultation with a counselor after CPS business hours and as a crisis resource for students after business hours

Social Services

510-642-6074

For connecting a student to counseling for substance use, disordered eating, sexual assault or harassment and/or other health concerns.

UC Police Department

Emergency 911

510-642-3333 (from cell phone)

For concerns about students who may pose an immediate danger to self or others

CAMPUS RESOURCES FOR POSTDOCTORAL SCHOLARS

Postdoc Health and Welfare Benefits

<http://vspa.berkeley.edu/postdoc-health-and-welfare-benefits>

Visiting Researcher Scholar and Postdoc Affairs Office

510-643-9681

CARE Services Employee Assistance

510-643-7754

For concerns about a colleague and referrals to counseling

CAMPUS RESOURCES FOR FACULTY/STAFF

CARE Services Employee Assistance

510-643-7754

For concerns about a colleague and referrals to counseling

Manager, Employee Relations Unit, Human Resources

510-642-7163

For assistance with threatening or potentially violent faculty/staff

Students of Concern Committee

510-664-4218

For campus support with distressed or disruptive students and for cross-departmental sharing of information

UC Police Department

911 Emergency

510-642-6760 Non-Emergency

For assistance with threatening or potentially violent faculty/staff

COMMUNITY RESOURCES FOR STUDENTS, FACULTY/STAFF

Berkeley Police Department Non-Emergency

510-981-9500

For off-campus concerns about safety and well-being

Alameda County 24-hour Crisis Hotline

800-309-2131

For immediate, confidential crisis support and intervention

National Suicide Prevention Lifeline

800-273-TALK (8255)

For immediate, confidential crisis support and intervention

Alta Bates Summit Medical Center

2450 Ashby Avenue

Berkeley, CA 94705

510-204-4444

This is the closest hospital and emergency room (ER) to campus, located just east of Telegraph Avenue.