

## **Mental Health and Wellness Resources for MCB Grad Students**

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### **IMMEDIATE HELP**

- UC Berkeley Police: (510) 642-3333
- \*PATH to Care 24/7 help line (for sexual violence & harassment): (510) 643-2005
- \*After Hours UHS Counseling Support: (855) 817-5667
- National Suicide Prevention Hotline: 1-800-273-8255
- Community crisis support lines (Bay Area counties):  
<https://uhs.berkeley.edu/emergency#community>
- \*confidential UC resource

### **Seeking Help**

## **DROP-IN COUNSELING**

1. Tang Center: Monday-Friday, 10am-5pm, students with urgent concerns can visit the Tang Center office (3rd floor) and request to see the advice counselor, no appointment is required. Note that there may be a wait depending on the number of students needing to be seen and the urgency of their concerns.
2. Eshleman Hall: Dr. Amy Honigman, the graduate-only counselor, also has drop-in hours Mondays 2-3pm in Eshleman Hall, Room 444D
3. Various satellite sites & alternative hours: <https://uhs.berkeley.edu/counseling/lets-talk>  
Spring 2019 schedule:  
[https://uhs.berkeley.edu/sites/default/files/cps\\_general\\_lets\\_talk.pdf](https://uhs.berkeley.edu/sites/default/files/cps_general_lets_talk.pdf)
4. Looking to talk to someone to help resolve an interpersonal conflict? Check out the Ombuds Office (page 8 of this guide)

## **SHORT-TERM COUNSELING**

### **Counseling and Psychological Services (CAPS)**

- Website: <https://uhs.berkeley.edu/counseling>
- Phone: (510) 642-9494

CAPS offers short term counseling for academic, career, and personal issues, and also psychiatry services. There is a graduate-only counselor, Dr. Amy Honigman - her office is located separately from the undergrad counselors, in 444 Eshleman Hall. CAPS is for all students, regardless of insurance.

How to access CAPS:

1. Call, visit Drop-in Counseling (see above), or contact Amy directly: (510) 664-5117 or email [ahonigman@berkeley.edu](mailto:ahonigman@berkeley.edu)
2. Your first call will be to schedule a 15-minute phone triage appointment. During this appointment, a counselor will ask some basic questions to get a sense of what service is most appropriate for you. The counselor can then help you make an appointment for short term counseling at CAPS, psychiatry at CAPS, or group counseling.
3. Go to your appointment! This is meant to be a short-term service (the number of sessions is not explicitly stated, I think it's ~8/year). If you'd like continuing support, you'll be referred to local therapists/counselors (see next section)

### **Social Services (SOS) Counseling**

- Website: <https://uhs.berkeley.edu/socialservices>
- Phone: (510) 642-6074

SOS provides counseling and case management for students presenting with alcohol/drug, sexual assault/rape, relationship or other violence concerns; chronic or newly diagnosed medical conditions, pregnancy, medical withdrawals. The Social Services staff assess a student's immediate needs and work with the student to develop a plan to meet those needs. SOS also has satellite offices at University Village (UVA) and the Student Parent Center. Zenaida Hernandez, LCSW is at UVA on Monday, Tuesdays and Thursdays, and has drop-in hours at the Student Parent Center on Wednesdays. You may contact her at (510) 520-7031.

## **LONG-TERM THERAPY or PSYCHIATRY**

If you think you'd like continuing support, therapy off campus is a great option. You may be referred here after meeting with someone at CAPS, or you can bypass CAPS altogether! But if you have SHIP (the university insurance), you will need to get a referral. Here's how:

**If you have SHIP:**

1. Call CAPS at (510) 642-9494. You will need to schedule another phone call, a 15-minute triage appointment (this seems to just be protocol for getting a referral)
2. After the triage appointment, you will receive a message in your eTang portal telling you the referral is approved. The referral will be good for the academic year (it should have an expiration date on it - pay attention to that)
3. Pick up a copy of your referral from the SHIP office at the Tang Center, 3rd floor
4. Look for providers! A good resource is the [CAPS referral database](#), which lists therapists, psychiatrists, low-fee agencies, and ADHD testing services with filters for gender, ethnicity, insurance acceptance, etc.
5. Reach out to providers directly to make an appointment. The referral database often includes providers' phone/website, but sometimes you'll have to just google their name.
6. Bring your referral to your first therapy appointment. You will only have a \$15 copay per session!
7. If you have questions about insurance, call SHIP at (510) 642-5700

**If you don't have SHIP:**

1. You can still use the [CAPS referral database](#) to look for providers! Just make sure to check if they take your insurance.
2. [Psychology Today](#) helps you find therapists by letting you filter your search by insurance provider
3. [Zocdoc](#) is another resource to filter by insurance provider and look for any kind of doctor
4. Check if your health insurance provider's website has a search feature for therapists. You can also call the number on the back of your insurance card.

**Note:** unfortunately, the community therapists near campus are often booked. But don't give up! Keep reaching out. I also recommend making appointments with multiple therapists and giving them all a test run to see who you fit with best. Don't be discouraged if your first appointment doesn't go well - finding a therapist is kind of like dating. You might not click with a lot of people, but you're bound to find someone!

## **CAMPUS WELLNESS RESOURCES FOR DAILY WELL-BEING**

**Be Well Cal** <https://uhs.berkeley.edu/bewell>

Resources for managing stress, promoting resilience, practicing gratitude, fostering self-compassion, social connection, sleep, healthy eating, exercise, time management, and career planning

See also <https://deanofstudents.berkeley.edu/well-being>

**Recalibrate** <https://recalibrate.berkeley.edu/>

An interactive tool to help you check in with yourself about how you're doing. It offers [one-click resources for common problems grad students face](#), as well as more extensive resources to explore based on your current emotional state.

**More Berkeley resources:**

<https://uhs.berkeley.edu/counseling/social-services/self-care-resources>

## How to Help a Friend

### WHY IS THIS IMPORTANT?

Responses to the Graduate Assembly Wellness Survey in 2014 indicate that **43-46% of PhD students in STEM at UC Berkeley are depressed**. In particular, LGBTQ students report significantly lower life satisfaction and higher depression. You can read the wellness report here: [https://gradresources.org/wp-content/uploads/2015/09/wellbeingreport\\_2014-17.pdf](https://gradresources.org/wp-content/uploads/2015/09/wellbeingreport_2014-17.pdf)

Recently, **nationwide** studies have found that graduate students are >6 times as likely to experience depression and anxiety compared to the general population. **41% of graduate students show signs of moderate to severe anxiety** as compared to 6% of the general population **39% of graduate students indicate moderate to severe depression**, as compared to 6% of the general population. 57% of transgender or

gender-nonconforming indicate depression. Read more from this study:  
<https://www.nature.com/articles/nbt.4089>  
 Other recent studies: <https://www.ncbi.nlm.nih.gov/pubmed/24711096>,  
<https://www.sciencedirect.com/science/article/pii/S0048733317300422>

## **HOW TO RECOGNIZE A FRIEND IN DISTRESS**

### **Academic/Career Signs**

- Repeated absences or missed appointments
- Sudden decline in quality or quantity of work
- Extreme disorganization or erratic performance
- Patterns of perfectionism
- Lack of motivation

### **Behavioral Signs**

- Verbal, written, or artistic expression of violence/death, social isolation, despair, confusion, or suicide
- Statements about family/financial problems, change in appetite/sleep
- Statements to the effect of “going away for a long time” or suicidal thoughts
- Implying or making direct threat to harm self or others
- Loss of interest in activities they once enjoyed
- Restlessness, hyperactivity, or pressured speech
- Excessive alcohol or drug use
- Social withdrawal
- Changes in eating/sleeping patterns
- Being unresponsive to or disconnected from the external environment, having delusions or paranoia
- Behavior is out of context or bizarre

### **Emotional Signs**

- Hopelessness, worthlessness, or isolation
- Repetitive crying, tearfulness, or panic reactions
- Severe anxiety, tension, or worry
- Sudden apathy/depressed or lethargic mood
- Exaggerated or disproportionate responses to events
- Unusual withdrawal or overly animated behavior
- Angry or hostile outbursts, yelling, or aggressive comments

### **Physical Signs**

- Marked changes in physical appearance (deterioration in hygiene, weight loss/gain, noticeable cuts, bruises, or burns )
- Shakiness, tremors, fidgeting or pacing
- Excessive fatigue, exhaustion; frequent or chronic illness
- Unusual inability to make eye contact
- Showing up with hangovers, bleary-eyed, or smelling of alcohol/other substances
- Trouble sleeping
- Vague physical aches and pains and/or lack of energy
- Physical or verbal aggression that is directed at self, others, animals or property
- Unprovoked anger or hostility/physical violence

## **HOW TO SUPPORT OR GET HELP FOR A FRIEND**

### How to talk to a friend you're concerned about

Quick link: [https://uhs.berkeley.edu/sites/default/files/distressed\\_friend.pdf](https://uhs.berkeley.edu/sites/default/files/distressed_friend.pdf)

1. Meet privately!
  2. Be honest but nonjudgmental. Share what you have observed and why it concerns you. For example: "I've noticed that you've been out of lab a lot lately and you aren't answering messages like you used to. I'm worried about you."
  3. Listen carefully and with sensitivity. Be patient.
  4. Ask open-ended questions that deal directly with the issues without judging.
  5. Ask what they think would help/what they need.
  6. Restate what you have heard as well as your concern and caring. Sometimes reframing the problem can help. Acknowledge conflicting feelings and paraphrase what the other person is saying. For example: "It sounds like on the one hand, you very much want to please your family but on the other hand, you aren't sure that what they want for you is what you really want to do."
  7. If there are signs of safety risk, ask if they're considering suicide. Someone who is considering suicide will likely be relieved that you asked. If they aren't not contemplating suicide, asking the question will not "put ideas in their head."
  8. Share resources, help them make an appointment with CAPS (see below)
  9. Follow up. Let them know that you'll be checking back with them later to see how things turned out. Keep the lines of communication open.
- *If they express urgent intentions of harming themselves or harming others, go to the Immediate Help section of this guide (first page)*

### How to get a friend to CAPS

1. You can call CAPS on their behalf at (510) 642-9494 and help them schedule an appointment. That can be a huge help to a friend in need.
2. Even if they are not open to the idea of counseling, you can call CAPS to consult with a counselor and discuss options. Calling CAPS is confidential.
3. You can refer them to drop-in counseling. Call ahead and alert CAPS of the student's concerns. Offer to walk them to CAPS if you doubt, they will follow through.

### If you're concerned about someone you don't know well

1. **The Center for Support and Intervention (CSI)** addresses prevention and intervention for harm and violence on campus, and provides support to students experiencing or causing distress in the campus community. If you think someone is at risk, you can submit a referral here: [https://berkeley-advocate.symplicity.com/care\\_report/index.php/pid425822](https://berkeley-advocate.symplicity.com/care_report/index.php/pid425822)
2. Within 3 business days, a referral is reviewed and assessed. A CSI staff member may contact the concerned party to gather more information as needed.
3. CSI will evaluate the situation and determine what further steps are required. When appropriate, issues are brought to the Students of Concern Committee (SOCC). SOCC provides a centralized place for various campus departments to come together and communicate relevant information, coordinate institutional response, and consult about students of concern.
4. Someone from CSI or SOCC may be in contact with you to share the coordinated plan of action as needed.

### More resources:

- 11-minute depression awareness and suicide prevention training: <https://www.youtube.com/watch?v=cWe4SzLf2UQ>

- 3-minute video on how to help a friend who is a survivor of sexual assault: <https://uhs.berkeley.edu/file/566>
- Tools for supporting a survivor of sexual assault: <https://survivorsupport.berkeley.edu/support>
- Berkeley webpages with more detailed support services: <https://recalibrate.berkeley.edu/lend-hand> and <https://uhs.berkeley.edu/counseling/self-help/for-students-of-concern>
- Mental health guide to supporting students (written for faculty/staff): <https://www.ucop.edu/student-mental-health-resources/files/pdf/PSMH-guide.pdf>

## **Campus Organizations & Resources to Support Your Mental Health**

### **ACADEMIC, CAREER & PROFESSIONAL SUPPORT**

#### **The Graduate Division**

- Website: <https://grad.berkeley.edu/>

The Graduate Division oversees fellowships & grants, academic employment, preparation for teaching, mentoring activities, professional development, academic progress, graduate student life, and degree milestones. On the website you can find resources for all of those topics and for every step of your graduate program, from pre-candidacy to thesis filing. If you need help navigating, the Graduate Student Life Specialist, Larissa Charnsangavej ([larissa@berkeley.edu](mailto:larissa@berkeley.edu)) should be more easily reachable than the deans and can probably point you in the right direction.

### **MCB Grad Student Network (MGN)**

- Website: [mcb.berkeley.edu/group/mcb\\_grad\\_network/](http://mcb.berkeley.edu/group/mcb_grad_network/)
- Contact: [mcb.grad.network@lists.berkeley.edu](mailto:mcb.grad.network@lists.berkeley.edu)

MGN's mission is to build and provide sustained access to resources for Molecular and Cell Biology graduate students' complete success. Scientifically, we are well supported; the MCB Grad Network is a student-run group here to provide peer support and guidance for everything else needed for success during graduate school.

### **Ombuds Office**

- Website: <https://sa.berkeley.edu/ombuds>
- Contact: 510-642-5754

The Ombuds Office is an informal dispute resolution service in which the Ombudsperson advocates for fairness, justice, respect for differences, and reasonable solutions to student and postdoctoral issues and concerns. The Ombudsperson will listen to your concerns, serve as a sounding board, discuss your options with you, and help you get a new perspective and determine the next steps to take. The office is strictly confidential.

### **Science Leadership and Management (SLAM)**

- Website: [qb3.berkeley.edu/slam](http://qb3.berkeley.edu/slam)

This is a seminar series focused on understanding the many interpersonal interactions critical for success in a scientific lab, as well as some practical aspects of lab management. The target audience for this course is upper-level science graduate students with broad interests and backgrounds, and the skills discussed will be applicable to a variety of career paths.

## **SUPPORT FOR STUDENTS IN NEED**

Quick link: **Basic Needs**

<http://basicneeds.berkeley.edu/>

Basic Needs addresses food, housing, and financial security; crisis resolution; safety; accessibility; and mental & emotional wellness. This website is a great go-to and contains most of the resources described below.

### **1. Food Security**

#### **CalFresh**

- Website: <http://calfresh.berkeley.edu/>
- Contact: [calfreshsupport@berkeley.edu](mailto:calfreshsupport@berkeley.edu)

CalFresh is an nutrition program that provides eligible students with the ability to buy and eat nutritious and healthy foods like fresh fruit, fresh vegetables, whole grains, etc.

CalFresh benefits are pre-loaded monthly into a debit-like EBT card, which can be used at most major chain grocery stores and Costco, as well as the Berkeley Student Food Collective and Bear Market. You will need to determine your eligibility first, and then apply. This site has made an easy walk-through guide to help you apply:

<https://students.getcalfresh.org/>

#### **Food pantry**

- Website: <https://pantry.berkeley.edu/>
- Contact: [foodsystcoords@gmail.com](mailto:foodsystcoords@gmail.com)

The UC Berkeley Food Pantry provides emergency relief for food insecurity. It is located in the basement of MLK Student Union in room 68. The pantry is not meant for students who need supplemental snacking food, but rather core food support. Students can visit the pantry twice per month. Each visit provides supplemental nutrition for 8-10 days.

**Additional Resources:** <https://financialaid.berkeley.edu/food-resources>



## **2. Housing Security**

### **The Graduate Assembly Housing Guide**

- Website: <https://ga.berkeley.edu/campus-resources/ga-housing-guide/>

This guide aims to provide advice on how to navigate the local rental market on a student budget. After reading this guide, you should be able to understand the nature of the local housing market, determine what you can afford, acquire as cheap of housing as possible, retain your housing, and get involved to limit the effects of rising rents.

**Housing Crisis Options:** <https://basicneeds.berkeley.edu/housing/emergency-housing>

## **3. Financial Security**

**Financial aid & student loans:** <https://grad.berkeley.edu/financial/aid/>

List of **graduate fellowships & awards:** <https://grad.berkeley.edu/financial/fellowships/>  
**Guide to fellowships & awards:** <https://grad.berkeley.edu/news/headlines/guide-to-fellowships-grants/>

**New funding opportunities:** <https://grad.berkeley.edu/category/news/funding/> and <https://grad.berkeley.edu/tag/grants/>

**Financial emergency options:** <https://basicneeds.berkeley.edu/finances/emergency-fund>

## **SUPPORT FOR STUDENTS WITH DISABILITIES**

### **Disabled Students' Program**

- Website: <https://dsp.berkeley.edu/students/student-resources>
- Contact: dsp@berkeley.edu

DSP is under the umbrella of the Equity and Inclusion division. While the primary focus and mission of DSP is to serve documented disabled students, DSP staff also work closely with faculty, as well as administrators and staff to build a more accessible learning environment. The DSP staff outreach benefits not only DSP students, but also other students who could benefit, but may not have self-identified need for accommodations such as wounded warriors, who may not even be aware of their disability rights.

**City of Berkeley Resources:** <https://berkeleyca.gov/your-government/our-work/disability-compliance-program>

## **DIVERSITY & INCLUSION**

### **Alliance for Diversity in Science and Engineering (ADSE)**

- Website: [https://callink.berkeley.edu/organization/Alliance\\_for\\_Diversity\\_in\\_Science\\_and\\_Engineering](https://callink.berkeley.edu/organization/Alliance_for_Diversity_in_Science_and_Engineering)
- Contact: [adseberkeley@gmail.com](mailto:adseberkeley@gmail.com)

Our mission is to increase the participation of underrepresented groups in academia, industry, and government, by connecting scientists across the nation. To do this, our interdisciplinary group showcases non-traditional career paths and underrepresented minority experiences in STEM. Additionally, we educate students at all levels about opportunities in the sciences.

### **Berkeley United Scientists (BUS)**

- Website: [berkeleyunitedscientists.weebly.com/](http://berkeleyunitedscientists.weebly.com/)
- Contact: [berkeleyunitedscientists@googlegroups.com](mailto:berkeleyunitedscientists@googlegroups.com)

BUS is a diverse community of scientists and concerned citizens that holds firmly to the principle of equity for all peoples regardless of race, ethnicity, socioeconomic background, religious/spiritual background, sex or sexual identity. We strive to create positive change toward equity and justice through education, engagement, and mobilization. We embrace and encourage skepticism and critical thinking as we tackle the challenges facing equity in our global society.

### **Campus Climate**

- Website: <https://campusclimate.berkeley.edu/students/ejce/mcc>

The mission of Campus Climate, Community Engagement & Transformation, a unit within the Division of Equity & Inclusion, is to transform the campus experience for all students, staff, faculty and administration at UC Berkeley, focusing on reshaping and influencing policies and practices that increase opportunities, advance social justice and create equitable experiences for all groups, with a special focus on marginalized and underserved populations.

### **The Graduate Minority Students Project**

- Contact: [gmsp-ga@berkeley.edu](mailto:gmsp-ga@berkeley.edu)

GMSP advocates for underrepresented graduate students in all aspects of academic life, monitoring all affirmative action policies and procedures as they affect underrepresented students. GMSP also provides direct services to underrepresented graduate students through social receptions, lectures, workshops and educational forums.

### **Inclusive MCB (iMCB)**

- Website: [mcb.berkeley.edu/diversity/inclusive-mcb](http://mcb.berkeley.edu/diversity/inclusive-mcb)

An initiative to promote an academically enriching and supportive climate that allows all graduate students of our community to become influential, inspiring future scientists.

### **Multicultural Community Center**

- Website: <https://campusclimate.berkeley.edu/students/ejce/mcc>
- Contact: [mcc.community@berkeley.edu](mailto:mcc.community@berkeley.edu)

A student-won, student-led space, the Multicultural Community Center strives to integrate student-driven and community-oriented management, decision-making and visioning in everything that we do. In conjunction with our close partners, the MCC

facilitates students' greater involvement in multicultural-related education, collaborations and cross/inter-cultural community building.

### **The Office for Graduate Diversity**

- Website: <https://diversity.berkeley.edu/programs-services/graduate/office-graduate-diversity>
- Contact: [grad.diversity@berkeley.edu](mailto:grad.diversity@berkeley.edu)

serves as a resource for academic support, financial advice, and professional development. It also provides a forum for ideas and programs designed to enhance the educational experience of underrepresented students, including those who are undocumented, first generation college students, and those who are educationally and financially challenged.

### **Restorative Justice Center**

- Website: <http://rjcenterberkeley.org/>

RJC offers workshops and trainings in restorative practices and restorative justice, facilitates RJ and conflict resolution processes, offers restorative process in response to SVSH cases and engage in research on the implementation and practice of RJ for SVSH, and presents events on issues related to RJ and social justice.

### **The STEM Equity & Inclusion Initiative**

- Website: <https://diversity.berkeley.edu/initiatives/stem-equity-and-inclusion-initiative>
- Contact: Fabrizio Mejia, [fmejia@berkeley.edu](mailto:fmejia@berkeley.edu)

Seeks to advance partnerships in equity, inclusion, and diversity with STEM academic units to ensure student and research success. Goals: to institute best practices for an inclusive STEM classroom and research climate, collaborate with colleges and divisions to increase recruitment, admissions, and retention of diverse STEM student populations, and create foundations for STEM diversity programs to leverage each other's efforts.

## **LGBTQ+ SUPPORT**

### **The Gender Equity Resource Center (GenEq)**

- Website: <https://campusclimate.berkeley.edu/students/ejce/geneq>
- Contact: Marisa Boyce at [mboyce@berkeley.edu](mailto:mboyce@berkeley.edu) or [geneq@berkeley.edu](mailto:geneq@berkeley.edu)

GenEq is a UC Berkeley campus community center committed to fostering an inclusive Cal experience for all. GenEq hosts many programs and services related to sexuality and gender, sexism, homophobia, and gender bias. They also have a ton of campus and community resources for the LGBTQ+ population and sexual health.

Quick links:

- support for coming out, gender transitioning, sexual violence and harassment: <https://campusclimate.berkeley.edu/students/ejce/geneq/assistance>
- resources specifically for Women, the Trans community, the LGBTQ+ community, Sexual & Dating Violence, and Men: <https://campusclimate.berkeley.edu/students/ejce/geneq/resources>
- GenEq Facebook group: <https://www.facebook.com/groups/2215378370/>

- Queer at Berkeley Facebook page: <https://www.facebook.com/queeratberkeley>

### **The Graduate Assembly Queer and Transgender Advocacy Project**

- Contact: Kerby Lynch, Project Director: [qtap@ga.berkeley.edu](mailto:qtap@ga.berkeley.edu)

seeks to improve the lives and experiences of queer and transgender graduate students at UC Berkeley. QTAP works closely with other GA projects to initiate outreach targeting graduate LGBTQ students at UC Berkeley. Additionally, this coordinator serves as an advocate for LGBTQ graduate students, addressing specific needs and concerns of the community to ensure their success in higher education and beyond.

### **oSTEM**

- Website: <http://berkeley.ostem.org/>
- Contact: [ostem.berkeley@gmail.com](mailto:ostem.berkeley@gmail.com)

Our aim is to unite LGBTQ+ students studying STEM to foster a strong professional and social network and to promote LGBTQ+ awareness within the academic and professional communities.

### **Queer Grads**

- Website: [callink.berkeley.edu/organization/queergrads](http://callink.berkeley.edu/organization/queergrads)

Queer Grads is a student organization that aims to provide a community for LGBTQ graduate students in all academic disciplines. Our main goals are: (a) to act as an information source, offering informational referrals and aid in navigating university services for LGBTQ students; (b) to provide an arena for activism and discussion; and (c) to provide opportunities for social networking.

## **SUPPORT FOR ETHNIC/RACIAL MINORITY STUDENTS**

### **African American Student Development (undergrad & graduates)**

- Website: <https://campusclimate.berkeley.edu/students/ejce/aasd>
- Contact: Takiyah Jackson, [takiyah.jackson@berkeley.edu](mailto:takiyah.jackson@berkeley.edu)

African American Student Development creates programs and activities that facilitate the retention and graduation of African American students, academic support, advising and referral, internships, and more.

### **Asian Pacific American Student Development (undergrad & graduates)**

- Website: <https://campusclimate.berkeley.edu/students/ejce/apasd>
- Contact: Eunice Kwon, [eunicekwon@berkeley.edu](mailto:eunicekwon@berkeley.edu)

APASD strives to support APA students based on the following ideas: serving as a campus resource on APA issues and events, providing student development opportunities, and promoting multicultural awareness and community building. APASD also identifies key issues and themes around which programs are developed in collaboration with both students and student groups.

### **The Black Graduate Student Association**

- Website: <https://callink.berkeley.edu/organization/BGSA>
- Contact: [rne@berkeley.edu](mailto:rne@berkeley.edu)

The Black Graduate Student Association primarily seeks to build community amongst incoming and continuing graduate students of African descent across the African diaspora. We also seek to reach out and support other members of the Black community on the UC Berkeley campus and in the East Bay. BGSA's creation was sparked by graduate students' firm belief in the power of having an organized and active space for

Black graduate students to know each other, support each other, and address various concerns of the Black community both inside and outside of the University. We also seek to build alliances and partnerships with other organizations across campus.

### **Black Student Union (BSU)**

- Website: <https://callink.berkeley.edu/organization/calbsu>

The Black Student Union is a student-led organization serving as the unifying body for Black organizations on campus as well as the Black student body. BSU is charged with ensuring the wellbeing of the Black Community and standing in solidarity with all other oppressed groups. Through an intersectional framework, BSU strives to achieve Black liberation and the progression of the Afrikan diaspora through political activism, community building, and leadership development.

### **Boricuas in Berkeley**

- Website: <https://callink.berkeley.edu/organization/boricuas>
- Contact: boricuasinberkeley@gmail.com

The purpose of our organization is to create a space for UC Berkeley graduate students from Puerto Rico to connect and share academic, professional, and personal experiences in order to foster a spirit of community. We promote an inclusive environment in which Puerto Rican students can share their experiences with students from other nationalities and the Berkeley community in general.

### **Chicanx Latinx Student Development (undergrad & graduates)**

- Website: <https://campusclimate.berkeley.edu/students/ejce/clsd>

The CLSD mission is to advocate for the retention and graduation of Chicanx/Latinx students, empower students to become leaders, professionals and scholars, and create community between Chicanx/Latinx spaces on and off campus.

### **Latinx Association of Graduate Students in Engineering and Science (LAGSES)**

- Website: <https://lagses.berkeley.edu/>
- Contact: lagses.contact@gmail.com

LAGSES is an inclusive multicultural organization that strives to increase diversity on campus by recruiting, retaining, and graduating underrepresented advanced degree students in STEM. We aim to provide a support network for minority graduate students by organizing outreach, networking, and community service activities throughout the year.

### **Native American Student Development (undergrad & graduates)**

- Website: <https://campusclimate.berkeley.edu/students/ejce/nasd>
- Contact: Phenocia Bauerle, nasd@berkeley.edu

The Native American Student Development office (NASD) at Berkeley exists to serve and support the diverse and changing needs of Native students in their time at Cal. We strive to provide relevant, accessible and engaging programs and resources, promote intertribal and cross cultural approaches to community building with a social justice lens. We also work to bring the histories, experiences and worldviews into a valued realm within the university as a whole.

### **Society for the Advancement of Hispanics/Chicanos and Native Americans in Science (SACNAS)**

- Website: <https://berkeleysacnas.wordpress.com/>
- Contact: berkeley.sacnas@gmail.com

SACNAS is an inclusive organization dedicated to fostering the success of Chicanos/Hispanics and Native Americans, from college students to professionals, in attaining advanced degrees, careers, and positions of leadership in STEM. Our chapter focuses on community outreach, STEM education, mentorship and activities for professional development.

## **SUPPORT FOR SEXUAL VIOLENCE SURVIVORS**

### **Phone numbers:**

- PATH to Care Confidential Advocates: (510) 642-1988
- PATH to Care 24/7 help line: (510) 643-2005
- UCPD emergency: (510) 642-3333

### **Quick links for immediate support:**

- How to get support:  
<http://survivorsupport.berkeley.edu/sites/default/files/12052016%20Survivor%20Support%20Handout.pdf>
- What Care Advocates do:  
[https://survivorsupport.berkeley.edu/sites/default/files/CAREadvocatesFAQ.FINAL\\_0.pdf](https://survivorsupport.berkeley.edu/sites/default/files/CAREadvocatesFAQ.FINAL_0.pdf)

### **Links for more detailed information on support:**

- How to get help, file a report, or support a friend:  
<http://survivorsupport.berkeley.edu/>
- List of offices & phone numbers for support:  
<http://sexualviolence.berkeley.edu/2/resources>
- Confidential resources and anonymous reporting:  
<http://survivorsupport.berkeley.edu/Confidential-Resources-Anonymous-Reporting-and-Privacy>
- Information on Berkeley's sexual violence/harassment policies & resources:  
<https://svshadvisor.berkeley.edu/home>

### **PATH to Care Center**

- Website: <https://care.berkeley.edu/>
- Contact: (510) 642-1988

PATH = Prevention, Advocacy, Training, and Healing. PATH to Care 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. Confidential advocates bring a non-judgmental, caring approach to exploring all options, rights, and resources. Our office provides holistic support, helping victims/survivors to access resources and services free-of-charge. We can accompany victims/survivors to appointments, including medical, legal, administrative, and academic appointments.

## **SUPPORT FOR STUDENT PARENTS**

### **The Bear Pantry**

- Website: <https://universityvillage.berkeley.edu/bear-pantry/>

The Bear Pantry serves low-income UC Berkeley student parent families with children in the Village. Qualifying families are eligible to receive one Bear Pantry Bin every

semester. A Bear Pantry Bin contains non-perishable food staples and a food gift card to a local supermarket for purchasing fresh produce, meat, or dairy.

### **Financial Support for Student Parents & Other Resources**

- Website: <https://grad.berkeley.edu/financial/families/>

Resources include University and larger community information on grants for parents, student parent policies, family and childbearing leaves, childcare reimbursement & subsidies, and more

### **Graduate Student Parent Advocacy Project (GSPA)**

- Contact: [gspa-ga@berkeley.edu](mailto:gspa-ga@berkeley.edu)

The Graduate Student Parent Advocacy Project (GSPA) is one of nine standing projects managed by the Graduate Assembly. GSPA is tasked with advocating for graduate student parents and developing programs to support their academic and personal success.

### **Student Parent Center**

- Website: <https://studentparents.berkeley.edu/>

- Contact: [studentparents@berkeley.edu](mailto:studentparents@berkeley.edu), (510) 643-5729

The Student Parent Center is committed to the holistic support and success of a highly motivated population of undergraduate and graduate students who are engaged scholars, as well as devoted parents at UC Berkeley. The center is a centralized multi-purpose campus resource, where students can seek informed advice, develop leadership skills, engage in informal study groups, nurse babies, change diapers, celebrate achievements, recover from setback, and form lasting friendships.

## **SUPPORT FOR WOMEN**

### **The Graduate Assembly Graduate Women's Project**

Contact: [gwp-ga@berkeley.edu](mailto:gwp-ga@berkeley.edu)

The Graduate Women's Project is the only program at UC Berkeley devoted solely to addressing the personal, social, and academic needs of graduate women. The GWP serves to connect graduate women to the support systems available on campus and advocate on their behalf at the campus and community level. While the project primarily works on women's issues and interests, it also seeks to address the intersecting concerns for women, including racial and ethnic justice; class inequality; disability and access issues; as well as queer, trans, and gender non-conforming expression, etc.

### **The Graduate Assembly Women of Color Initiative**

Contact: [woci-ga@berkeley.edu](mailto:woci-ga@berkeley.edu)

advocates for and organizes programming for graduate women of color with the objective of fostering community and belonging at UC Berkeley. In particular, the Empowering Women of Color Conference (EWOCC) is part of the annual WOCI portfolio. EWOCC aims to strengthen networks among individuals who identify as women of color and seeks to embrace folks of diverse ethnic and racial backgrounds, generations, sexual orientations, nationality, and physical abilities both in and outside of the academy.

See also: **GenEq** (page 12 of this guide), which has resources specifically for women