Being a UCB student can be tough. Our Campus Health Center’s second most commonly prescribed medication is for anti-depressants. And that’s just counting the undergrads!

But Boalt Disability Law Society wants to let you know that we’ve got support - from both CPS and the law school.

No matter what type of insurance you have, getting some extra support is easy.

**Counseling and Psychological Services at Tang (CPS):**(510) 642-9494

(Just call to schedule them in!)

*If you’re having a bad day and just want to talk:*

Walk-in Clinic (10am – 5pm M-F). No appointment.

*If you only want a few visits with no regular commitment:*

Every student gets 5 free visits to a CPS therapist each academic year.

*If you’re looking for a regular therapist:*

 Call and they will schedule you for a phone-intake appointment. They’ll ask you some questions and give you a referral list of therapists “in the community” (i.e. around campus) that accept your insurance.

*If you’re looking for a psychiatrist:*

 Same step as above! Also, for faster service, you can schedule a same-day appointment through Tang if you think you might have a condition like depression or anxiety. (510) 642-2000

*If you’re really stressed out after hours and need someone to talk to:*

 Call UC Berkeley’s Crisis line at: (877) 211-3686. You can even remain anonymous.

**We also have law school support systems in place.**

You don’t even have to make a separate trip off campus; we’ve got a therapist right here.

 Call Dr. Zaruba, the law school psychologist, at (510) 643-5447

And if you’ve decided that you need to just take a breather for a couple months, it’s worth talking to Kim Natividad, the Director of Student Services and getting some advice.

She can help you withdraw for now and come back next semester for Round 2. Kim also has experience connecting students to DSP if you think you might need accommodations.

(She’s also just super cool to talk to!)

**Because, as they say on our school’s website:**

**Law School is tough, but it doesn’t have to bebrutal.**