Reducing Stress: Resources

Resources at UC Berkeley
Compiled by the Center for Teaching and Learning
General Resources

Student Learning Center:
http://slc.berkeley.edu/

Counselling and Psychological Services:
http://uhs.berkeley.edu/students/counseling/cps.shtml

Health Promotion Services:
http://uhs.berkeley.edu/students/healthpromotion/

Be Well @ Cal:
http://uhs.berkeley.edu/bewell/
Specific Resources

Study and Success Strategies:
http://slc.berkeley.edu/study-and-success-strategies

Feeling Stressed and Depressed:
http://uhs.berkeley.edu/students/counseling/feelingstressed.shtml

Mastering Stress:
http://uhs.berkeley.edu/bewell/#stress
Consultation Services

Counselling Appointments:
http://uhs.berkeley.edu/students/counseling/cps.shtml

Health and Wellness Coaching:
http://uhs.berkeley.edu/onlineservices/onlineappointments.shtml#healthedu
When You Just Need a Hug

http://uhs.berkeley.edu/home/news/pethugs.shtml