# Mental Health Resource Map For BRET Graduate Students

Student Care Coordination (SCC) and the Vanderbilt University Counseling Center (UCC) provide the primary mental health services for all students.
Please note wait times provided below are average and may vary.

**https://www.vanderbilt.edu/ucc/** **https://www.vanderbilt.edu/carecoordination/**

**I'm looking for individual therapy only**

Intake Form

**I am in crisis and need urgent help**

**I need to touch base with someone** (non-urgent)

Student Portal click for access

**I've worked with a UCC therapist and I am looking for additional services**

**I have psychiatry needs only and/or would prefer online care**

Schedule an appointment with a Student Care Coordinator (SCC)

Click to access Mantra Health

**I want to explore available resources**

Schedule an appointment with a Student Care Coordinator (SCC)

or speak to the Director of Trainee Engagement & Well-being (BRET Office)

### Make an appointment with Student Care Coordination (SCC)

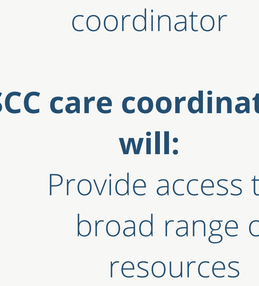
Average wait: A few days to a week

Instructions: BRET students will schedule with the SCC first by completing this brief form and follow the prompts to schedule an in person or virtual appointment.

You can also utilize a drop in meeting to meet with a care coordinator

**SCC care coordinators will:**

- Provide access to a broad range of resources
- Provide faster access to the right kind of help, such as therapeutic resources that can be accessed on evenings and weekends
- Connect BRET students with the right kind of help at the UCC to help reduce barriers to care



**Scheduling challenges?**
*Reach out to Student Care Coordination for assistance.*

*Call 615.343.9355*

### UCC and VUMC Urgent Care

Average wait: No wait.

Instructions:
Drop-in or call the UCC
**(615) 322-2571**
Monday - Friday from 10am - 4pm

After hours call
**(615) 322-2571**
and speak with a counselor on-call **(press option #1)**.

Psychiatric Assessment Services at the Vanderbilt Psychiatric Hospital (M-F, 8am – 11pm and Sat-Sun 8am – 8pm) or the nearest Emergency Room for acute assessment and support.

Typical crisis care situations can include, but are not limited to, the following:

- acute symptoms of depression, anxiety, panic, suicidal ideation, and depression
- death of a family member or friend
- recent traumatic event
- extreme difficulty navigating stressors, such as the deterioration of a relationship, or poor academic performance
- urgent concern for a friend, family member, or student

### Stop by a UCC drop-in consultation

*Drop-ins are no longer scheduled in advance and will all occur in person.*

Drop-in consultations have traditionally been held in one of the following locations:

- K.C. Potter Center (LGBTQI Life)
- Black Cultural Center (BCC)
- Peabody
- Sarratt Student Center

**Please visit the UCC website for the Fall 2025/Spring 2026 locations.**

Drop-in consultation hours are every week and include general needs and hours organized around student identities or needs. These include:

Graduate and Professional Students

Black Students

LGBTQIA+ Students

International Students

APIDA Students

Disabled and Neurodiverse Students

Grief and Loss

**A Drop-in Consultation is appropriate for trainees who:**

- Are curious about counseling
- Have a specific problem to talk through
- Have a concern about a friend

### UCC Psychiatry Services

Average wait: Can be over a month

Instructions: Ask your UCC provider for referral to UCC psychiatry services.

**Returning UCC User Services**

Average wait: A few days to a few weeks

Instructions: If your last UCC visit was during fall 2025, please contact the UCC at 615-322-2571.

If your last UCC visit occurred before August 2025, please complete an intake with SCC using the intake link.

**UCC Group Therapy and Workshops**

Average wait: Varies

Instructions: Contact the group lead listed on the UCC website. Please visit the UCC website for the most up-to-date information regarding its services.

Group Therapy Information click for access

**Groups include:**

- BRET/STEM Support
- Anxiety Toolbox Workshop
- Graduate & Professional
- DBT Group: Building your Best Life
- Rooted in Resilience
- Untangle

### Make an appointment with a psychiatric care provider

Average wait: A few days to a few weeks

Instructions: Requires referral through Student Care Coordination.

One-time assistance with medication refills may be possible before the primary visit. Ask the care coordinator for details.

Student Portal click for access

Mantra Health

**This all-in-one platform gives students access to the following free virtual services:**

**Self-Care:** These short, self-guided wellness courses can be accessed anytime, anywhere. Learn to reduce your stress, regulate your emotions, build healthier relationships, and get through difficult situations.

**Emotional Wellness Coaching:** This short-term, goal-oriented intervention is best for students wanting self-management strategies. You'll get matched with a dedicated and experienced coach who will teach you key skills and work with you through 8-12 weeks of sessions.

**Productivity Coaching:** This program focuses on improving executive functioning skills. Working with a dedicated coach, you can tackle time management, organization, planning, problem solving, and more.

**Therapy and Psychiatry:** Enjoy one-on-one sessions with a dedicated, highly trained, culturally-informed provider who understands your unique experience and can help you assess and manage your mental health concerns. (Psychiatry services are limited to 6 sessions per academic year and require a referral from a Student Care Network or Mantra provider.)

**ConnectNow:** In-the-moment support and problem solving with a mental health professional. This service is available between 11am – 11pm CT via video for any students who are in distress or experiencing immediate mental health challenges.

Click to access Mantra Health

### Make an appointment with a Student Care Coordinator

Average wait: A few days to a week

Instructions: Visit the SCC website and book an appointment with a care coordinator. Care coordinators can help with:

- Identifying and connecting with resources for support on or off-campus
- Discussing academic options, and/or assistance with communicating with faculty/Dean's office
- Connecting with the University Counseling Center

**Drop-in Care Coordination**

Average wait: No wait.

Drop-in care coordination meetings are offered so that students can meet quickly with a care coordinator to discuss any immediate needs.

Drop-in care coordination meetings are not therapy or counseling.

The current dates/times for drop-in care coordination meetings. click for access

# Continued Resources For BRET Graduate Students

## Director of Trainee Engagement & Well-being (BRET Office Staff Member)

**When to contact:** If you are struggling to identify a clear path of care or finding roadblocks to the care you need.
**How to contact:** Please visit the following website for contact information: https://medschool.vanderbilt.edu/bret/health_and_wellness/

## Center for Student Well-being (CSW)

**When to contact:** The Center for Student Wellbeing is committed to helping students thrive within the Vanderbilt community and maintain lifelong wellness practices. We are here to help students who may need assistance in various areas. Please explore the services, resources, and supports available throughout our website. Services Include weekly meditation practices, academic and life skills coaching, alcohol and other drugs awareness and prevention, ADHD management groups, and more.
**How to contact:** Please visit the following website for contact information: https://www.vanderbilt.edu/healthydores/

## Auxiliary Mentoring (BRET specific)

**When to contact:** Students should contact the auxiliary mentor of their choice directly via email if they would like to meet. The chosen mentor might, on occasion, be unavailable due to other obligations, and therefore, the student is encouraged to contact second and third mentors. Please note the existence of this ready group of mentors is not meant to inhibit students from establishing mentoring relationships with other faculty during the course of their training. Students should continue to foster deep connections with their advisor, department, and program.
**How to contact:** Please visit the following website for contact information: https://medschool.vanderbilt.edu/bret/auxiliary-mentoring/

## BRET Office of Career and Professional Development

**When to contact:** The BRET Office of Career Development provides career and professional development enrichment activities for Vanderbilt University and Vanderbilt University Medical Center graduate students and postdoctoral fellows.
**How to contact:** Please visit the following website for contact information: https://medschool.vanderbilt.edu/career-development/

## International Trainee Support (BRET Office Staff Members)

**When to contact:** Any international trainees needing additional guidance on any aspect of life while enrolled at Vanderbilt School of Medicine should reach out to the International Trainee Support team for assistance.
**How to contact:** Please visit the following website for contact information: https://medschool.vanderbilt.edu/bret/team_listing-intern_trainee_support/

## Graduate and Postdoc Academic Success (GPAS) Program

**When to contact:** The Graduate & Postdoc Academic Success (GPAS) program provides the critical infrastructure and support for College/School leadership, departments/programs, and faculty to assist their students and postdocs in reaching their academic goals. We do this through direct outreach to departments and faculty, responsive programming and workshops, and direct support of students and postdocs in alignment with their development as the next generation of scholars and leaders. In addition to tailored and responsive programming to support departments, graduate student, and postdoc needs, we offer individual success planning sessions which include conversations around progress, productivity and navigating academic relationships.
**How to contact:** Please visit the following website for contact information: https://gradschool.vanderbilt.edu/gpas/

**Full list of resources can be found here:** https://medschool.vanderbilt.edu/bret/graduate-resources/

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Biomedical Research Education and Training