

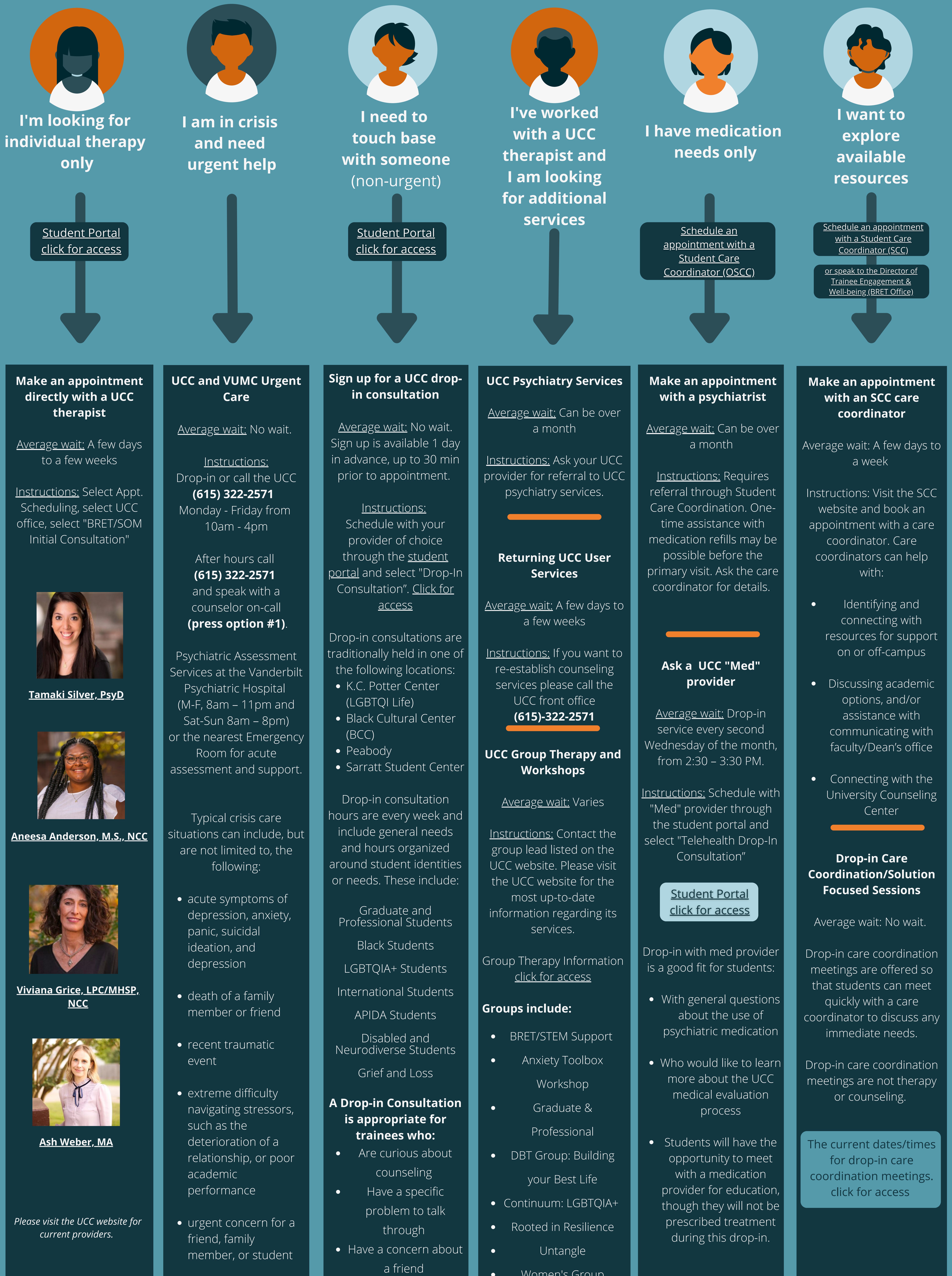
Mental Health Resource Map For BRET Graduate Students

Student Care Coordination 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.

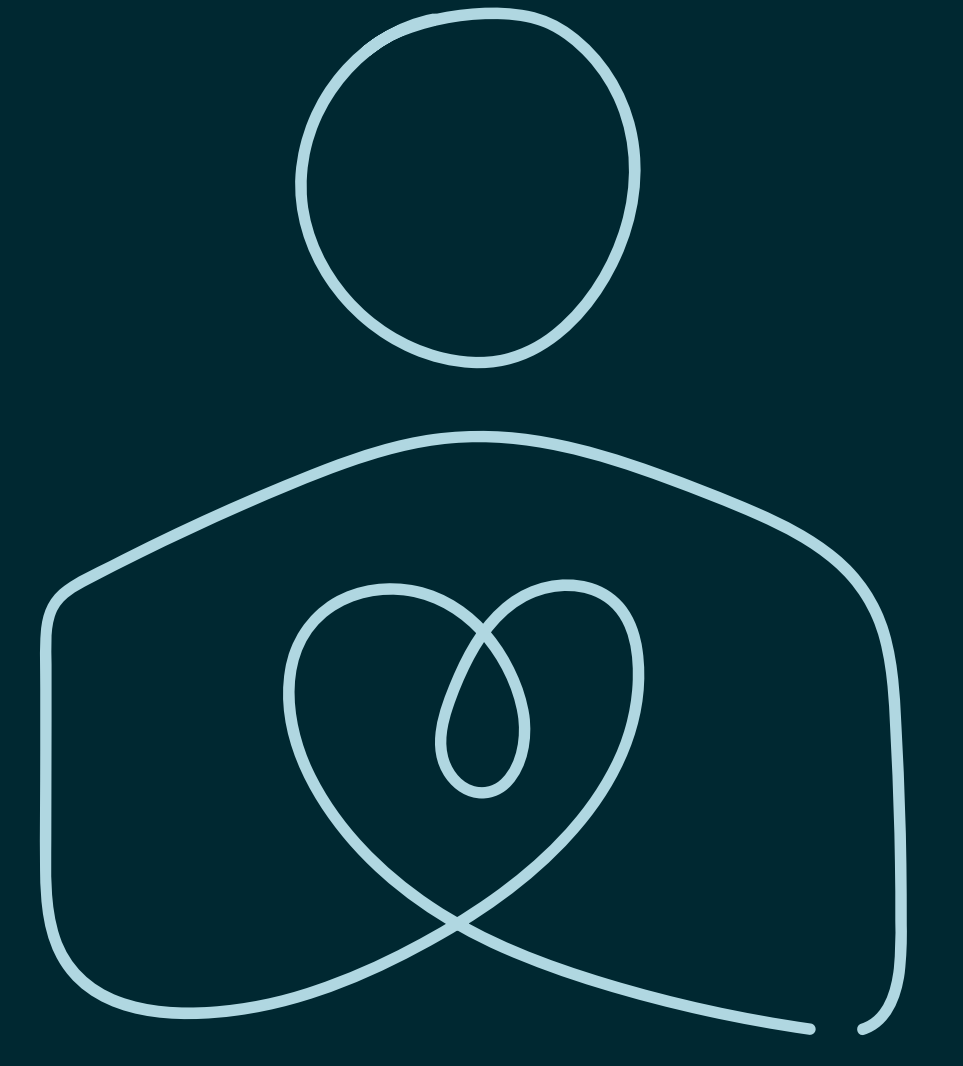
<https://www.vanderbilt.edu/ucc/>

<https://www.vanderbilt.edu/carecoordination/>





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/>

ASPIRE (Career & 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/>

