

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.

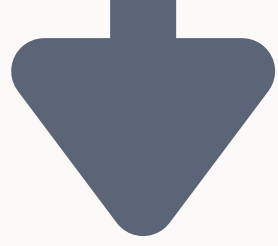
<https://www.vanderbilt.edu/ucc/>

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



I'm looking for individual therapy only

[Student Portal click for access](#)



Make an appointment directly with a UCC therapist

Average wait: A few days to a few weeks

Instructions: Select Appt. Scheduling, select UCC office, select "BRET/SOM Initial Consultation"



Viviana Grice, LPC/MHSP, NCC



Ash Weber, LPC/MHSP

Please visit the UCC website for current providers.

Scheduling challenges?

Reach out to a case manager for more.



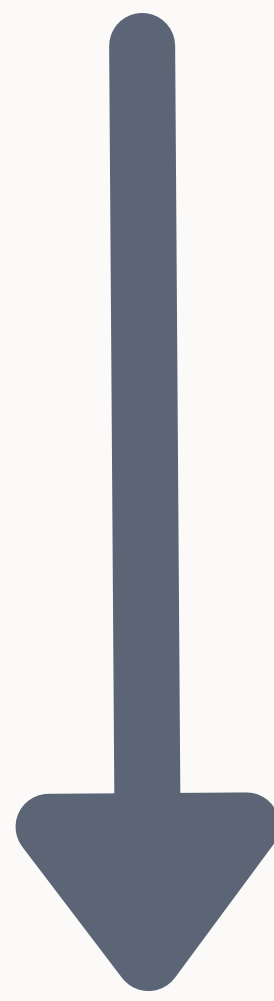
Eason Taylor, M.A.



Emma Snow, LMFT



I am in crisis and need urgent help



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.

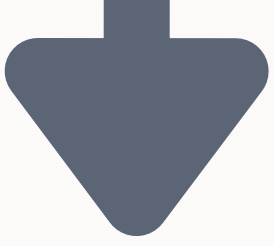
Typical crisis care situations can include, but are not limited to, the following:

- 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



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

[Student Portal click for access](#)



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



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



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 you want to re-establish counseling services please call the UCC front office (615)-322-2571

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](#)

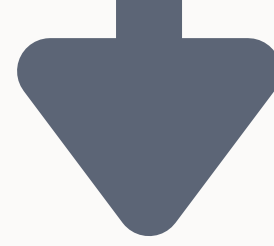
Groups include:

- BRET/STEM Support
- Anxiety Toolbox Workshop
- Graduate & Professional
- DBT Group: Building your Best Life
- Continuum: LGBTQIA+
- Rooted in Resilience
- Untangle
- Women's Group



I have medication needs only

[Schedule an appointment with a Student Care Coordinator \(OSCC\)](#)



Make an appointment with a psychiatrist

Average wait: Can be over a month

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.

Ask a UCC "Med" provider

Average wait: Drop-in service every second Wednesday of the month, from 2:30 – 3:30 PM.

Instructions: Schedule with "Med" provider through the student portal and select "Telehealth Drop-In Consultation"

[Student Portal click for access](#)

Drop-in with med provider is a good fit for students:

- With general questions about the use of psychiatric medication
- Who would like to learn more about the UCC medical evaluation process
- Students will have the opportunity to meet with a medication provider for education, though they will not be prescribed treatment during this drop-in.



Mantra Health

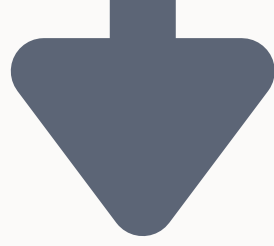
[Consider Mantra Health for free virtual therapy/medication management](#)



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 an SCC 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/Solution Focused Sessions

Average wait: No wait.

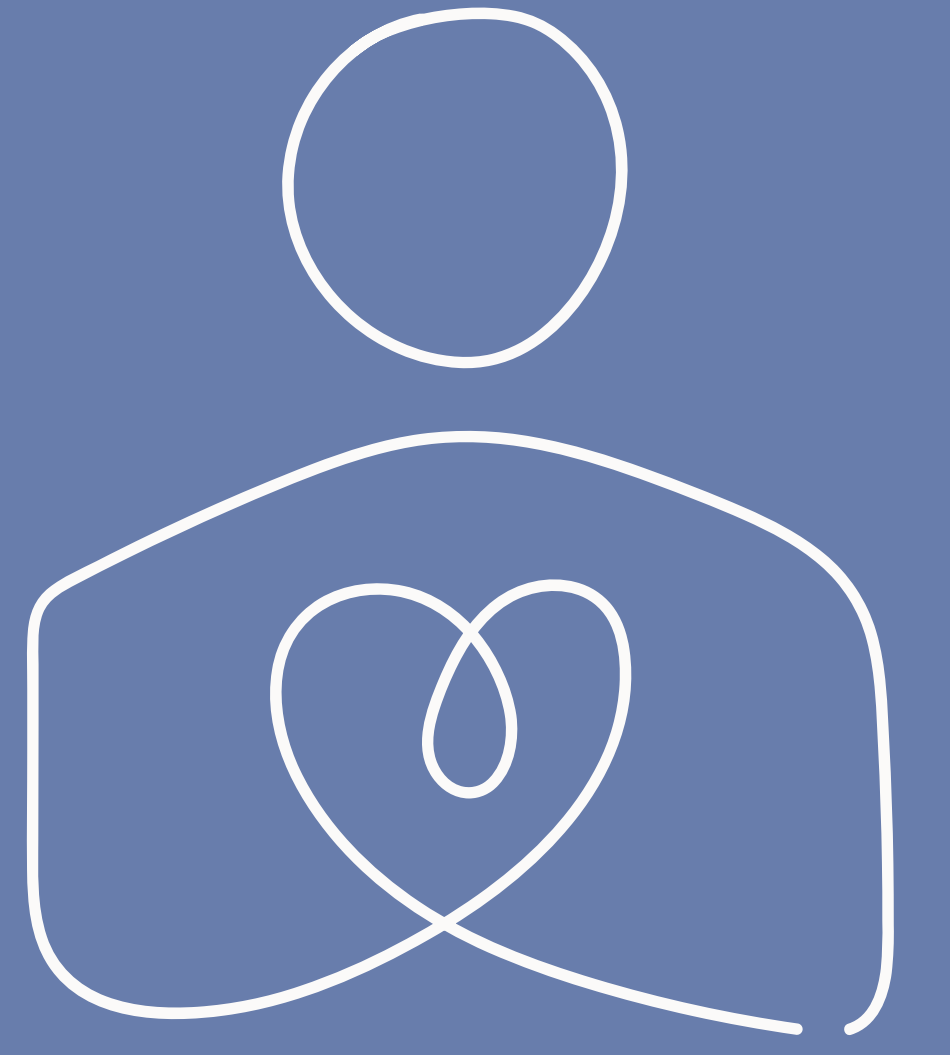
Drop-in care coordination meetings are offered so that students can meet quickly with a care coordinator to discuss any immediate needs.

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/>

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/>

