

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/>

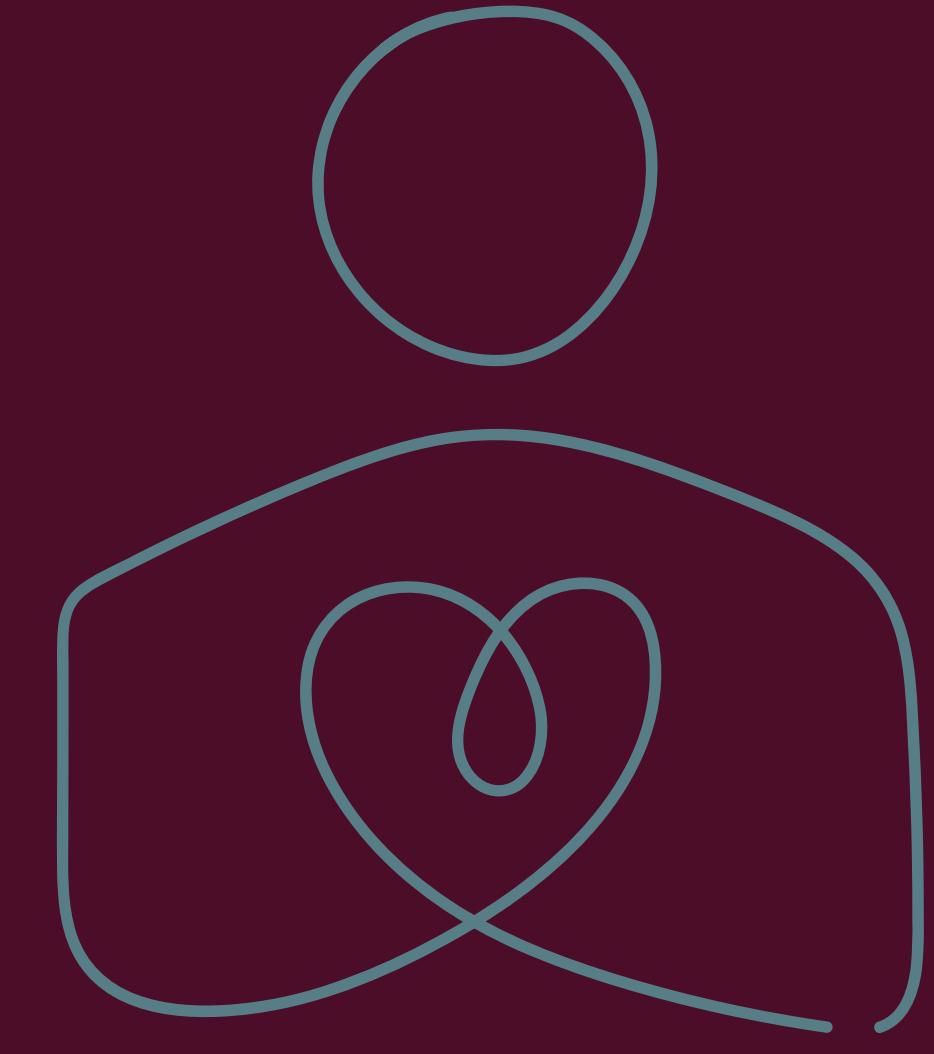
<https://www.vanderbilt.edu/carecoordination/>



Make an appointment with Student Care Coordination (SCC) <u>Average wait:</u> A few days to a week <u>Instructions:</u> 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	UCC and VUMC Urgent Care <u>Average wait:</u> No wait. <u>Instructions:</u> 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.	Stop by a UCC drop-in consultation <i>Drop-ins are no longer scheduled in advance and will all occur in person.</i> Drop-in consultations have traditionally been held in one of the following locations: <ul style="list-style-type: none">K.C. Potter Center (LGBTQI Life)Black Cultural Center (BCC)PeabodySarratt 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: <ul style="list-style-type: none">Graduate and Professional StudentsBlack StudentsLGBTQIA+ StudentsInternational StudentsAPIDA StudentsDisabled and Neurodiverse StudentsGrief and Loss A Drop-in Consultation is appropriate for trainees who: <ul style="list-style-type: none">Are curious about counselingHave a specific problem to talk throughHave a concern about a friend	UCC Psychiatry Services <u>Average wait:</u> Can be over a month <u>Instructions:</u> Ask your UCC provider for referral to UCC psychiatry services. Returning UCC User Services <u>Average wait:</u> A few days to a few weeks <u>Instructions:</u> 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 <u>Average wait:</u> Varies <u>Instructions:</u> 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	Make an appointment with a psychiatric care provider <u>Average wait:</u> Can be over a month <u>Instructions:</u> 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.	Make an appointment with a Student Care Coordinator <u>Average wait:</u> A few days to a week <u>Instructions:</u> Visit the SCC website and book an appointment with a care coordinator. Care coordinators can help with: <ul style="list-style-type: none">Identifying and connecting with resources for support on or off-campusDiscussing academic options, and/or assistance with communicating with faculty/Dean's officeConnecting with the University Counseling Center Drop-in Care Coordination <u>Average wait:</u> No wait. Drop-in care coordination meetings are offered so that students can meet quickly with a care coordinator to discuss any immediate needs.
SCC care coordinators will: <ul style="list-style-type: none">Provide access to a broad range of resourcesProvide faster access to the right kind of help, such as therapeutic resources that can be accessed on evenings and weekendsConnect BRET students with the right kind of help at the UCC to help reduce barriers to care Looking to learn more about our providers? Please visit the UCC website for current providers' biographies, identities, and specialties.  Scheduling challenges? Reach out to Student Care Coordination for assistance. Call 615.343.9355	UCC and VUMC Urgent Care <u>Average wait:</u> No wait. <u>Instructions:</u> 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.	Stop by a UCC drop-in consultation <i>Drop-ins are no longer scheduled in advance and will all occur in person.</i> Drop-in consultations have traditionally been held in one of the following locations: <ul style="list-style-type: none">K.C. Potter Center (LGBTQI Life)Black Cultural Center (BCC)PeabodySarratt 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: <ul style="list-style-type: none">Graduate and Professional StudentsBlack StudentsLGBTQIA+ StudentsInternational StudentsAPIDA StudentsDisabled and Neurodiverse StudentsGrief and Loss A Drop-in Consultation is appropriate for trainees who: <ul style="list-style-type: none">Are curious about counselingHave a specific problem to talk throughHave a concern about a friend	UCC Psychiatry Services <u>Average wait:</u> Can be over a month <u>Instructions:</u> Ask your UCC provider for referral to UCC psychiatry services. Returning UCC User Services <u>Average wait:</u> A few days to a few weeks <u>Instructions:</u> 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 <u>Average wait:</u> Varies <u>Instructions:</u> 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	Make an appointment with a psychiatric care provider <u>Average wait:</u> Can be over a month <u>Instructions:</u> 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.	Make an appointment with a Student Care Coordinator <u>Average wait:</u> A few days to a week <u>Instructions:</u> Visit the SCC website and book an appointment with a care coordinator. Care coordinators can help with: <ul style="list-style-type: none">Identifying and connecting with resources for support on or off-campusDiscussing academic options, and/or assistance with communicating with faculty/Dean's officeConnecting with the University Counseling Center Drop-in Care Coordination <u>Average wait:</u> No wait. Drop-in care coordination meetings are offered so that students can meet quickly with a care coordinator to discuss any immediate needs.



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/>

