

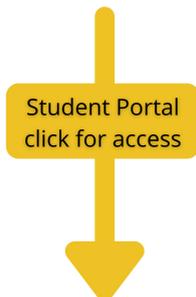
The Vanderbilt Office of Student Care Coordination and the Vanderbilt University Counseling Center provide mental health services for all students. Services can be established at any time and there is no limit or cap on the amount of appointments or services. Please note wait times provided below are average and may vary.

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

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



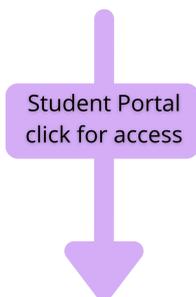
I'm looking for individual therapy only



I am in crisis and need urgent help



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



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



I have medication needs only



I want to explore available resources



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 Telehealth New Client"



Tamaki Silver, PsyD



Ciera Scott, PhD



Jay Steinberg, MA



Stephanie Singer, MA



Anabella Pavon Wilson, PhD



Ruth Howard, PhD



Zainab Suara, MA

Photos are as of March 2022. Please visit UCC website for current providers.

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 #2).

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

Sign up for a UCC virtual drop-in consultation

Average wait: No wait. Sign up is available 1 day in advance, up to 30 min prior to appointment.

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

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 good for students 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 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 UCC website. <https://www.vanderbilt.edu/ucc/group-therapy-workshops/>

Groups include: **Aqui Juntos**

Asian, Pacific Islander, DESI-American Support

Graduate & Professional

DBT Group: Building your best life

Continuum: LGBTQIA+

Recovering perfectionists

Rooted in resilience

Untangle

Women's Group

Make an appointment with a psychiatrist

Average wait: Can be over a month

Instructions: Requires referral through the Office of 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.

Make an appointment with an OSCC care coordinator

Average wait: A few days to a week

Instructions: Visit the OSCC 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.

Instructions: Tuesdays 2:00PM – 4:00 PM at E. Bronson Ingram Seminar, Room 1005

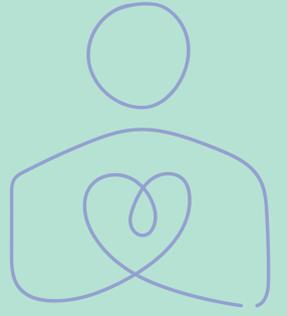
Wednesdays 2:00PM – 4:00 PM at Featheringill Hall, Room 104

Thursdays 10:00 AM- 12:00 PM at OSCC, Rand Hall, Suite 305

Fridays 10:00 AM- 12:00 PM at KC Potter Center (all identities welcome)



Continued Resources For BRET Graduate Students



Associate Director of Trainee 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/

Academic Life Coach

When to contact: The Academic Life Coach assists Graduate School students and postdoctoral scholars in their academic and professional development during their time at Vanderbilt. This position was created to support students and postdocs through individual coaching and group programming around effective time and stress management, resilience, conflict resolution, navigating academic relationships, and juggling work/life responsibilities.

How to contact: Please visit the following website for contact information: <https://gradschool.vanderbilt.edu/lifecoach/>

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

