

Climate & Equity related resources for Psychology department students, staff, and faculty. 2016-2017.

Counseling, advice, resources, and referral assistance through UCB.

Be Well at Work - Employee Assistance (formerly known as CARE Services) provides free, confidential counseling and referral for UC Berkeley faculty and staff. It is also the employee assistance program for the Lawrence Berkeley National Laboratory.

<https://uhs.berkeley.edu/bewellatwork/employee-assistance>

Contact Employee Assistance at (510) 643-7754 to set up an appointment. Email: employeeassistance@berkeley.edu

Mental health screening (a screening questionnaire; completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources).

<http://screening.mentalhealthscreening.org/uofcberkeley>

Diversity. Information about diversity research, equity advisors, UCB diversity policies, mentoring, teaching resources, etc.

<http://diversity.berkeley.edu/programs-services/faculty>

Sexual violence prevention and response. If you or someone you know has been sexually assaulted, please know that there are trained professionals at UC Berkeley who are available to offer compassionate, confidential support and counseling, if you wish.

<http://survivorsupport.berkeley.edu/emotional-support>

Call (510) 642-1988

Confidentiality: As confidential as your browser history (clear it!)

This site also contains a complete list of campus resources and a statement about confidentiality.

Path to CARE center. The PATH to Care Center provides affirming, empowering, and confidential support for survivors and those who have experienced gendered violence, including: sexual harassment, dating and intimate partner violence, sexual assault, stalking, and sexual exploitation. Confidential advocates bring a non-judgmental, caring approach to exploring all options, rights, and resources.

<http://sa.berkeley.edu/dean/confidential-care-advocate>

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Confidentiality: Confidential. "It is always the victim's/survivor's decision to pursue any of the available resources or to report an incident to the police or the university. We are here to support your decisions."

Individual counseling. Counseling and Psychological Services (CPS) offers short term counseling for academic, career and personal issues. There is no charge to get started, and all registered students can access services regardless of insurance. This resource is limited to graduate students and undergrads; see links above for faculty and staff resources. Call (510) 642-9494
<https://uhs.berkeley.edu/counseling/individual>

Office for the Prevention of Harassment and Discrimination (OPHD)

"Title IX Office"

ophd.berkeley.edu

To file a report: email ask_ophd@berkeley.edu or call (510) 643-7985

Confidentiality: Not confidential—results in a formal report. Ask anonymously before providing identifying details like your name, email address or department.

Staff Ombuds office. The Staff Ombuds Office is available to all Staff, Non-Senate academics, and Faculty who perform management functions (including deans, departmental chairs, and directors). We are receptive, respectful, and welcoming to everyone accessing our services. Listening to you, answering questions, and providing information and referrals to help you resolve your concern most effectively. Providing an assessment of your situation and a sense of your options. Confidentiality: everything that you tell us strictly [confidential](#). No identifying information or records are kept about you or your concern.
<http://staffombuds.berkeley.edu/services/individual-assistance>

Students and Postdocs Ombuds office. The Student Ombuds Office can be your first step, your last resort, or anything in between. If you wish assistance sorting through a campus-related conflict or concern, please contact us. Confidentiality: The office is strictly confidential and no one will know you have spoken with us unless you wish them to.
<http://sa.berkeley.edu/ombuds>

Bullying: information, resources, training, prevention.

National DHHS info:

<http://www.stopbullying.gov/prevention/training-center/index.html>

Berkeley was the first UC campus to enact a policy to prevent workplace bullying:
<https://staffombuds.berkeley.edu/news/berkeley-first-adopt-workplace-bullying-prevention-policy>

The Staff Ombuds Office is having two training sessions this year (<https://staffombuds.berkeley.edu/services/training#bullies>), but they do custom training as well based on their regular classes (i.e., Identifying and Addressing Workplace Bullying, Workplace Civility: Respect in Action, etc.). They also have “self-help” tools on their website:

<https://staffombuds.berkeley.edu/resources/self-help-tools>

There is a UCOP webinar about office bullying:

<https://www.ucop.edu/ethics-compliance-audit-services/compliance/webinars/workplace-bullying/lib/playback.html>

There are external training resources for workplace bullying too:

<http://www.workplacebullying.org/>