The time is always right to do what is right.

MARTIN LUTHER KING JR.
University Health Services
Resources

Black Mental Health Matters

UC Berkeley
Virtual Drop-Ins

Please be sure to take care of your mental health during this time! You can virtually meet with a black-identifying CAPS counselor:

- Genee Jackson, PhD
  - Mondays 10am-12pm
- Jai Jones, LCSW
  - Tuesdays 2-4pm
- Adisa Anderson, PhD
  - Thursdays 2 - 4pm

Website
https://uhs.berkeley.edu/black-lives-matter
Black Women’s Healing Circle

Mondays, 3:30-5pm
June 1 (tentative) - Aug 10
Facilitated by Jai Jones, LCSW and Genee Jackson, PhD

Website
https://uhs.berkeley.edu/black-lives-matter
Healing in Community: A Meditation and Healing Circle for BIPOC

Fridays, 11am-12:15pm
June 12 (tentative) - July 24
Facilitated by Jai Jones, LCSW

Website
https://uhs.berkeley.edu/black-lives-matter
Men of Color Support Circle (6 weeks)

Wednesdays, 3:15-4:45pm
June 10 (tentative) - July 15
Adisa Anderson, PhD & Kiet Huynh, MA

Website
https://uhs.berkeley.edu/black-lives-matter