

Mental Health Resource Map For BRET Graduate Students

Student Care Coordination and the Vanderbilt University Counseling Center provide the primary 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.

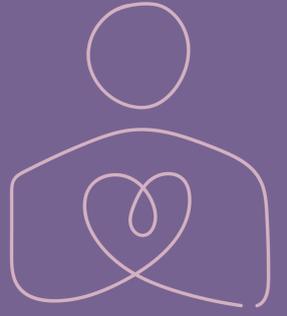
<https://www.vanderbilt.edu/ucc/>

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

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|  <p>I'm looking for individual therapy only</p> <p>Student Portal click for access</p> |  <p>I am in crisis and need urgent help</p> |  <p>I need to touch base with someone (non-urgent)</p> <p>Student Portal click for access</p> |  <p>I've worked with a UCC therapist and I am looking for additional services</p> |  <p>I have medication needs only</p> <p>Schedule an appointment with a Student Care Coordinator (OSCC)</p> |  <p>I want to explore available resources</p> <p>Schedule an appointment with a Student Care Coordinator (SCC) or speak to the Associate Director of Well-being (BRET Office)</p> |
| <p>Make an appointment directly with a UCC therapist</p> <p><u>Average wait:</u> A few days to a few weeks</p> <p><u>Instructions:</u> Select Appt. Scheduling, select UCC office, select "BRET New Client"</p>  <p>Tamaki Silver, PsyD</p>  <p>Aneesa Anderson, M.S., NCC</p>  <p>Viviana Grice, LPC/MHSP, NCC</p>  <p>Ash Weber, MA</p>  <p>Melissa Russiano, LCSW, LISW, CDWF</p> <p><i>Photos are as of May 2023. Please visit UCC website for current providers.</i></p> | <p>UCC and VUMC Urgent Care</p> <p><u>Average wait:</u> No wait.</p> <p><u>Instructions:</u> Drop-in or call the UCC (615) 322-2571 Monday - Friday from 10am - 4pm</p> <p>After hours call (615) 322-2571 and speak with a counselor on-call (press option #2).</p> <p>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.</p> <p>Typical crisis care situations can include, but are not limited to, the following:</p> <ul style="list-style-type: none"> 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 | <p>Sign up for a UCC virtual drop-in consultation</p> <p><u>Average wait:</u> No wait. Sign up is available 1 day in advance, up to 30 min prior to appointment.</p> <p><u>Instructions:</u> Schedule with your provider of choice through the student portal and select "Drop-In Consultation". Click for access</p> <p>Drop-in consultation hours are every week and include general needs and hours organized around student identities or needs. These include:</p> <p>Graduate and Professional Students</p> <p>Black Students</p> <p>LGBTQIA+ Students</p> <p>International Students</p> <p>APIDA Students</p> <p>Disabled and Neurodiverse Students</p> <p>Grief and Loss</p> <p>A Drop-in Consultation is good for students who:</p> <ul style="list-style-type: none"> Are curious about counseling Have a specific problem to talk through Have a concern about a friend | <p>UCC Psychiatry Services</p> <p><u>Average wait:</u> Can be over a month</p> <p><u>Instructions:</u> Ask your UCC provider for referral to UCC psychiatry services.</p> <p>Returning UCC Services</p> <p><u>Average wait:</u> A few days to a few weeks</p> <p><u>Instructions:</u> If you want to re-establish counseling services please call the UCC front office (615)-322-2571</p> <p>UCC Group Therapy and Workshops</p> <p><u>Average wait:</u> Varies</p> <p><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. click for access</p> <p>Groups include:</p> <ul style="list-style-type: none"> BRET/STEM Support 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 | <p>Make an appointment with a psychiatrist</p> <p><u>Average wait:</u> Can be over a month</p> <p><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.</p> <p>Ask a UCC "Med" provider</p> <p><u>Average wait:</u> Drop-in service every second Wednesday of the month, from 2:30 – 3:30 PM.</p> <p><u>Instructions:</u> Schedule with "Med" provider through the student portal and select "Telehealth Drop-In Consultation"</p> <p>Student Portal click for access</p> <p>Drop-in with med provider is a good fit for students:</p> <ul style="list-style-type: none"> 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. | <p>Make an appointment with an SCC care coordinator</p> <p><u>Average wait:</u> A few days to a week</p> <p><u>Instructions:</u> Visit the SCC website and book an appointment with a care coordinator. Care coordinators can help with:</p> <ul style="list-style-type: none"> 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 <p>Drop-in Care Coordination</p> <p><u>Average wait:</u> No wait.</p> <p>Drop-in care coordination meetings are offered so that students can meet quickly with a care coordinator to discuss any immediate needs.</p> <p>Drop-in care coordination meetings are not therapy or counseling.</p> <p>The current dates/times for drop-in care coordination meetings. click for access</p> |



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/

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/>

