



Creating Healthy Learning Environments

Suggested Syllabus Blurbs and Resources

Berkeley
UNIVERSITY OF CALIFORNIA

 UNIVERSITY HEALTH SERVICES

Suggested Syllabus Blurbs and Resources

Promoting health and well-being resources in your syllabi while engaging in meaningful dialogue to understand the needs of your students supports student health and learning.

Consider promoting health and well-being resources to support student health and learning. All faculty, T.A.s, and instructors are encouraged to include one or more of the following suggested examples. Feel free to modify, tailor, or create your own and share with us. Thank you for your involvement in creating a culture of health in your classrooms. Below is just a sampling of the types of resources that might be relevant.

Basic Needs

[Basic Needs Center](#): The Basic Needs Center acts as a virtual and physical hub to support students in their journey to access essential services that impact health, belonging and overall well-being.

[Basic Needs Center's Food Pantry](#): The Food Pantry is an emergency food relief supply for all UC Berkeley students (undergraduate and graduate), staff, visiting scholars, postdocs, and faculty located in BNorth, the lower level of MLK Student Union (Room 68).

Disability Services

[UC Berkeley Disabled Students' Program \(DSP\)](#): The Disabled Students' Program promotes an inclusive environment for students with disabilities. They equip students with appropriate accommodations and services to achieve their individual academic goals. They are dedicated to supporting students and collaborating with the campus community to remove barriers to educational access and embrace the University's values of equity and inclusion. They believe that an accessible environment universally benefits everyone. Location: 260 César E. Chávez Student Center, #4250, Berkeley, CA 94720-4250, Voice: (510) 642-0518.

Finances

[UC Berkeley Short-Term Emergency Loan program](#): Short-term, interest-free emergency loans to help meet unanticipated expenses directly related to the cost of education. Available to graduate and undergraduate students. Questions? Contact Financial Aid Counselors Andrea Silas at andrea.silas@berkeley.edu and Shellaine Gallego at shellaine.gallego@berkeley.edu.

Health Promotion

[UHS Health Promotion](#): Health Promotion advances the health and well-being of UC Berkeley students through individual and environmental initiatives. Key strategies include academic courses, individual appointments, workshops, volunteer and internship opportunities, and consultation and training.

[UHS Wellness Health Coaching](#): Health coaches support students through the process of defining and achieving health and wellness goals by creating a sustainable and achievable action plan. A 45-minute coaching session with a professional health educator helps students make simple changes in lifestyle that support overall health, as well as personal and academic success. Topics include eating for wellness, physical movement and exercise, procrastination and time management, and resilience and stress management. Please email Health Promotion at hpromo@berkeley.edu for any questions regarding health coaching offerings.

[UHS Health Worker Program \(HWP\)](#) - Health Workers use health education and peer advising to promote self care and healthy habits; risk management responding to problems effectively, using home-care or professional health services.

Housing

Temporary housing assistance may be provided for up to 30 days at an on-campus residence hall or in an off-campus independent living house, or for up to 5 days at a hotel depending on availability. Available to all currently enrolled UC Berkeley students (graduate, undergraduate, international, etc.). If need is immediate, please call Clinical Care Coordinator, Saj, at **(510) 519-4003**.

[Off-Campus Shelters](#): The Homeless Shelter Directory provides information about homeless shelters and services in Berkeley, CA.

Mental Health Services

[University Health Services \(UHS\) 24/7 Advice Nurse](#): For medical questions or advice on services, speak with the UHS advice nurse by calling **(510) 643-7197**.

[UHS Counseling and Psychological Services \(CAPS\)](#): Offers short-term counseling for academic, career, and personal issues and also offers psychiatry services for circumstances when medication can help with counseling. There is no charge to get started, and all registered UC Berkeley students can access services regardless of insurance plan. Call **(510) 642-9494** or for counseling after-hours, call the support line **(855) 817-5667**.

[UHS Social Services \(SOS\) Counseling](#): Confidential counseling services that are topic specific and aim to help students strengthen coping skills, problem solve and identify resources. Social Services is open to all registered UC Berkeley students regardless of your insurance plan. Phone: **(510) 642-6074**.

PATH to Care Center

[PATH to Care Center](#): The Care Line is a 24/7, confidential, free, campus-based resource for urgent support around sexual assault, sexual harassment, interpersonal violence, stalking, and invasion of sexual privacy. The Care Line will connect you with a confidential advocate for trauma-informed crisis support including time-sensitive information, securing urgent safety resources, and accompaniment to medical care or reporting. Advocates are available to support UC Berkeley community members as well as those who have been harmed by someone from the UC Berkeley community. **Need urgent support? Call the 24/7 Care Line at 510-643-2005.** PATH to Care Center advocates answer The Care Line Monday – Friday, 9:00 am to 4:30 pm. During evenings, weekends, and holidays, The Care Line is answered by a partner agency.

Tobacco-Free Policy

[Tobacco-Free Berkeley](#): Since 2014, there is no smoking, tobacco use, or vaping allowed on the UC Berkeley campus or property. Smoking, use of smokeless tobacco products, use of nicotine products not regulated by the U.S. Food and Drug Administration (FDA) to help individuals who use tobacco to quit, use of electronic smoking devices (e.g., electronic cigarettes), and smoking or vaping of cannabis/marijuana are prohibited on the UC Berkeley campus and property including parking lots. For more information about the policy or cessation resources, please visit the [UC Berkeley Tobacco-Free Policy webpage](#).