



UCSF Mental Health & Well-being Resources

*Supporting UCSF Faculty, Staff,
Trainees, & Their Families*



Faculty Staff Assistance Program (FSAP) | fsap.ucsf.edu

Free | Confidential | Short-term Counseling

FSAP provides psychological counseling and organizational consulting to help address both personal and work-related stress. Services are available to all UCSF faculty, staff, postdocs, residents, and fellows.

Services Include:

- Individual counseling with licensed psychologists
- Skills coaching (e.g., communication, emotional regulation)
- Organizational consultation & leadership coaching
- Mental health webinars & customized trainings

Common Concerns Addressed:

Burnout, anxiety, stress, trauma, workplace conflict, and transitions.

Key Features:

- Strictly confidential and voluntary
- Open Monday–Friday, 8 AM–5 PM
- After-hours crisis support line
- Serves both health and campus employees

COPE Program | cope.ucsf.edu

Customized Mental Health Support for UCSF and Families

COPE offers timely and tailored mental health resources through digital tools and navigator support.

Interactive Digital Health Tool:

- Web-based or mobile-accessible
- Available in English, Spanish, Russian, Chinese (traditional & simplified)
- Guides users to the right resources

Personalized Navigator Support:

- Non-clinical support within 48 hours
- Helps connect users to appropriate services

Wellness Resource Library:

Expert-created, UCSF-specific self-help tools



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Healthcare Facilitator Program | hr.ucsf.edu

Advocacy & Navigation for Health Insurance and Access

The Healthcare Facilitator Program helps employees overcome challenges accessing healthcare—especially mental health services—by advocating directly with insurers and providers.

Support Includes:

- Navigating insurance plan coverage
- Connecting to mental health providers
- Addressing care access barriers in the Bay Area

Additional UCSF Well-being Resources

- [Spiritual Care](#) – Emotional and spiritual support (confidential)
- [Caring for the Caregiver](#) – Support for healthcare providers (confidential)
- [Office of the Ombuds](#) – Conflict resolution and mediation (confidential)
- [Office for the Prevention of Harassment and Discrimination](#) – Reporting and support (confidential to the extent possible under law)to the extent possible under law)
- [Care Advocate Program](#) – Support for individuals impacted by sexual violence, relationship abuse, and stalking (confidential)