I'm looking for
individual therapy
only

I am in crisis
and need urgent help

I need to
touch base with
someone (non-urgent)

I've worked with
a UCC therapist and I am looking for additional services

I have medication needs only

I want to explore
available resources

Make an appointment
directly with a UCC therapist

UCC and VUMC Urgent
Care

Average wait: 2 days to a week

Instructions: Call the UCC front office at (615) 322-2571 to schedule an appointment.

Sign up for a UCC
virtual drop-in consultation

Average wait: 1-2 days

Instructions: Sign up on the UCC Virtual Drop In Consultation portal.

UCP Psychiatry Services

Average wait: 2 weeks

Instructions: Ask your UCC provider for referral to UCC psychiatry services.

Make an appointment
with a psychiatrist

Average wait: 1-2 weeks

Instructions: Requires referral through the Office of Student Care Coordination. One-time assistance with medication refills may be possible before the primary visit. Ask the care coordinator for details.

Make an appointment
with an OSCC care coordinator

Average wait: 1-2 weeks

Instructions: Visit the OSCC website and book an appointment with a care coordinator.

Student Portal

click for access

Student Portal

click for access

Student Portal

click for access

Student Portal

click for access

Make an appointment
with a UCC counselor
on-call

Average wait: 1 week

Instructions: Call the UCC counselor on-call at (615) 322-2571 for urgent help.

Photos are as of March 2022. Please visit UCC website for current providers.

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

Academic Life Coach

When to contact: The Academic Life Coach assists Graduate School students and postdoctoral scholars in their academic and professional development during their time at Vanderbilt. This position was created to support students and postdocs through individual coaching and group programming around effective time and stress management, resilience, conflict resolution, navigating academic relationships, and juggling work/life responsibilities.
How to contact: Please visit the following website for contact information: https://gradschool.vanderbilt.edu/lifecoach/

Full list of resources can be found here: https://medschool.vanderbilt.edu/bret/graduate-resources_new/