

# SUPPORTING DISTRESSED STUDENTS

## BEHAVIORAL INTERVENTION TEAM | ROLLING/ANYTIME

The BIT is a multidisciplinary team that intervenes using a holistic model of care. BIT consists of representatives from administration, instructional faculty, counseling, and SAS/DSPS service.

[WEBSITE WITH INSTRUCTIONS FOR ACTIVATING BIT](#)

Student is showing hostility and/or violence towards others, being disruptive or showing signs of intense emotional distress

"Acting out"

## WELLNESS CENTER THERAPY | ROLLING/ANYTIME

The Wellness Center provides 6 sessions of therapy, and connects students with Peer Mental Health Navigators who resources students to ongoing care in the community or with their insurance provider. Online and in-person.

[WELLNESS CENTER REFERRAL FORM](#)

Student's emotional distress is impacting daily personal and/or academic life.

"Stressed out"

## P2P SESSIONS | VARIOUS TIMES; CHECK WEBSITE

Peer-led, private, confidential listening sessions with a BCC student Mental Health Ambassadors, who have 50+ hours training in reflective listening and referring to additional supports. 100% online.

[P2P PEER SUPPORT WEBSITE AND ZOOM INFO](#)

Student has feelings about events or situations like breakups, not doing well in classes, COVID anxiety, or general stress.

"Need to Talk it Out"

## SUCCESS INC | WEDNESDAYS 5:30-6:30PM

Peer-led community gathering focused on academic success skills. Success Inc is facilitated by BCC student Mental Health Ambassadors. No instructors present; student-centric space. 100% online.

[SUCCESS INC WEBSITE AND ZOOM INFO](#)

Student needs support with procrastination and/or feelings of isolation, loneliness, or not belonging in college.

"Feeling Shut Out"

BERKELEY CITY COLLEGE

[These resources are also available on our website](#)

