

# 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 VENT 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.

[REQUEST A P2P SESSION HERE](#)

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 5:30PM-6:30PM ON ZOOM

Peer-led support group focused on academic success skills. This group is facilitated by BCC student Mental Health Ambassadors.

No instructors present; student-centric space. 100% online.

[WEBSITE FOR MORE INFO](#) & [STUDENT SIGN-UP PAGE](#)

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

BERKELEY CITY COLLEGE

BERKELEY CITY COLLEGE  
wellness center

