

# Healer Education Assessment & Referral Program

*The UCSD HEAR Program is here for you.*

UC San Diego Health

## What does HEAR offer?

- Anonymous stress & depression screenings
- Free confidential support
- Referrals to mental health care
- Emotional Processing debriefs after workplace crises or stressors
- Schwartz Rounds

Take the Anonymous Stress & Depression Screening [HERE](#)



## Who is eligible to use HEAR?

**ALL** UC San Diego Health clinical and non-clinical employees, faculty, and students

*You can be referred into treatment while remaining anonymous.*

## How do I get in contact with HEAR?

- 1 Visit [hear.ucsd.edu](http://hear.ucsd.edu).
- 2 Take the anonymous [stress & depression screening](#) above.
- 3 Reach out directly to HEAR counselors at [hear@health.ucsd.edu](mailto:hear@health.ucsd.edu).

## Contact Us

*Hours: 8a.m. – 5p.m. Monday–Friday, excluding University Holidays*

### HEAR Counselors

**Courtney Sanchez, LCSW** | Counselor  
(858) 905-2342, [cos006@health.ucsd.edu](mailto:cos006@health.ucsd.edu)

**Rachael Accardi, LMFT** | Counselor  
(858) 933-6409, [raccardi@health.ucsd.edu](mailto:raccardi@health.ucsd.edu)

**Mona Karimi, ASW** | Counselor  
(858)-905-2734, [mokarimi@health.ucsd.edu](mailto:mokarimi@health.ucsd.edu)

### HEAR Team

**Desiree Shapiro, MD** | Director  
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**Judy Davidson, DNP, RN, MCCM, FAAN** | Associate Director  
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**Nikki Ashtiani** | Program Coordinator  
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**HEAR is NOT a 24/7 crisis resource.** Call or text **988** for immediate crisis support.