

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

Contact Us

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

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HEAR is NOT a 24/7 crisis resource. Call or text **988** for immediate crisis support.