

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

Rachael Accardi, LMFT | Counselor
(858) 933-6409, raccardi@health.ucsd.edu

Nate Hill, LMFT | Counselor
(619) 354-9226, n7hill@health.ucsd.edu

Mona Karimi, LCSW | Counselor
(858)-905-2734, mokarimi@health.ucsd.edu

Desiree Shapiro, MD | Director
(619) 356 -0741, dlshapiro@health.ucsd.edu

Nikki Ashtiani | Program Coordinator
nashtiani@health.ucsd.edu

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