

UCSD Health HEAR Program

Healer Education Assessment & Referral Program

Emotional Support for All UCSD Health

What does HEAR offer?

- Anonymous stress & depression screenings
- Free 1:1 confidential emotional support
- Referrals to mental health care
- Schwartz Rounds
- Emotional Processing group sessions
- Education and workshops to promote mental health awareness and resources



Contact HEAR

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

- Visit hear.ucsd.edu.
- Take the anonymous [stress & depression screening](#).
- **Email HEAR directly at hear@health.ucsd.edu.**

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