Mental Health & Well-Being Resources
We want to provide you inclusive and equitable options for supporting your well-being, wherever you may be.

CAPS
Counseling & Psychological Services

“... If you are having trouble supporting your well-being...”
- Kerrie Lee, MD
Staff Psychiatrist at CAPS

24/7 we’re here for you.
No matter what your issue is, whether or not you are living in California, our clinicians are just a call away. Call us at 650-723-3175 to make an appointment or learn how we can help you out.

Mindful Minutes w/ Sophia Lu, LMT:
Feel free to visit our video resources page as well.

Learn more

Well-Being Coaches
Caring, informed, skilled agents. Creating change.

Book us for free.
Book us whenever you’d like.
The Well-being at Stanford Coaches are here to help you make shifts in beliefs and behaviors to improve your overall well-being, or simply offer support when you’re struggling.

Meet our student support specialists:

Malja Cruz (’12)
Well-Being Coach
for students served by community centers and ethnic themed dorms.

Sanne Lim
Well-Being Coach
for grad students.

Brianna Griffin (’13)
Well-Being Coach
for undergrads.

Sign up for a session

Virtual Well-Being
Accessible support no matter your location

Let us help you meet your needs.
Our Virtual Well-Being website offers you a number of well-being resources, wellness events, and even candid advice to support you this academic year.

Learn more

Vaden Flourishing Alliance
A literature to foster well-being

Stay informed. Stay up to date.
Each week, we send out a newsletter detailing a range of well-being events, resources, and people. Check out some of the cool events we offer each week.

Join our mailing list

CST
Confidential Support Team

We are here to support you.
Whether you are -- in California, out of state, or overseas. Whether you’ve actively enrolled, flex term, or on leave of absence, we’re here to help. We can support you with any concerns related to sexual, relationship, or gender based violence.

What’s said at CST stays at CST.
We do not share your confidential information with Stanford or the Title IX office.

Meet our team:

Helen M. Wilson, PHD
Leila Ladd, PsyD
Melissa Murphy, LCSW/MHP
Sarah L. Levenson
Stacy Lin, PhD
Anil Valia, PsyD

Get to know us

 Distressed by a sexual or relationship experience and don’t know who to talk to? Call us on our 24/7 hotline: 650-723-9655

Follow us on Instagram

Weiland Health Initiative
An initiative to provide a spectrum of wellness experiences

Empower you as you explore your expansive possibility.
Weiland prides itself in centering queer experiences in all of its services. Be it collaborative individual therapy, consultations for gender-based care such as hormones or surgery, the QT Fund, or drop-in hours.

Apply to the QT Fund
The QT Fund provides financial support for Queer/Trans undergrads, grads, and post docs. The application is open October 12th - 30th.

Get to know us
