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’re feeling trouble supporting your well-being, we’ll work with you to figure things out.”
— Kevin Lue, 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 650-723-3193 to make an appointment or learn how we can help you out.

Mindfulness Minutes w/ Sophia Lu, LMFT
Watch ➜ Visit ➜ Learn More ➜

Well-Being Coaches
Caring voices. Setting goals. Creating a plan.

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:
Malia Cruz (’22)
Well-Being Coach for students served by community centers and ethnic-themed dorms.
Samee Lim
Well-Being Coach for grad students.
Brianna Griffin (’21)
Well-Being Coach for undergrads.

Sign up for a session ➜ Learn More ➜

CST
Confidential Support Team
We are here to support you.
Whenever you are—In California, out of state, or overseas. Whether you’re 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 W. Wilson, PhD
Lisa Ladd, PsyD
Melissa Murphy, LCSW/MPP
Sarah L. Levenson
Stacy Lin, PhD
Anel Valle, PsyD
Get to know us ➜ Follow us on Instagram ➜ Learn More ➜

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
Liberating to you and society

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 ➜ Learn More ➜

Weiland Health Initiative
Well and equipped: a spectrum of services in a spectrum of experiences

Empowering you as you explore your expansive possibility.
Weiland prides itself in centering queer experiences in all its services: bie bi collaborative individual therapy, consents 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, grad students, and post-docs. The application is open October 12th - 30th.

Get to know us ➜