

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

### **Contact Us**

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

**Courtney Sanchez, LCSW** | Counselor  
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**HEAR is NOT a 24/7 crisis resource.** Call or text **988** for immediate crisis support.