

# List of Resources for Stanford Students

## Vaden Counseling and Psychological Services (CAPS)

**What it is:** Counseling and Psychological Services (CAPS) is Stanford's division within Vaden Health Center that addresses mental health and wellness for students. They know that many of you are experiencing increased anxiety and isolation, so it's important for new students and postdoctoral fellows to know where they can find support.

**For students needing support in California, (including all students on campus), CAPS provides individual services with clinicians shifting to Telehealth visits via Zoom or phone.**

**Telehealth services include:**

- Initial consultations and evaluations
- Follow-up therapy and medication visits
- Psychiatric medication evaluation for symptoms such as depression and anxiety
- Care management and referral coordination help

**For students who are now living outside of California, different legal guidelines apply, as CAPS clinicians are licensed only to provide ongoing care within California. However, CAPS can provide care management services to students who are out of state, help them connect with mental health resources in their communities, and provide interim support for their needs. Regardless of location, we want all students to know that they can call CAPS 24/7 at 650-723-3785.**

There are still CAPS staff on-site at Vaden Health Center from 8:30am to 5:00pm (PT), Monday through Friday. These staff members can meet in person with students who may be in crisis or whose needs cannot be met via Telehealth or phone support. All students should call CAPS before coming in person so they can discuss how best to meet their mental health needs while also protecting their physical health and safety.

For non-urgent or ongoing counseling, any student who has not been seen at CAPS previously can call 650-723-3785 between 9 a.m. to 4 p.m. (PST), Monday through Friday, to speak with an access clinician. Students who already have a CAPS provider and can send their provider a secure message through Vaden Patient.

**For More Information:**

Phone: (650) 723-3785

Make and Appointment: <https://vaden.stanford.edu/make-appointment>

Website: <https://vaden.stanford.edu/caps>

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## Vaden Health Center

**What it is:** A health center that offers medical services, counseling and psychological services, well-being initiatives, insurance help, a pharmacy, and services from the Confidential Support Team.

**For More Information:**

Phone: (650) 498-2336

Website: <https://vaden.stanford.edu>

## Office of Accessible Education (OAE)

**What it is:** OAE provides services to students with disabilities both on and off campus. Such services include academic accommodations, such as notetaking help or a reduced course load, and housing accommodations. Students seeking academic or housing accommodations will be asked to submit documentation of their disability condition to help determine appropriate and reasonable accommodations. Documentation guidelines are on the OAE website. Examples of disabilities include, but are not limited to, Autism, Depression, Bipolar, Learning Disabilities, Autoimmune conditions, Deafness and Blindness. Students who are eligible for accommodations will be assigned an adviser.

**For More Information:**

Email: [oe-contactus@stanford.edu](mailto:oe-contactus@stanford.edu)

Website: <http://oae.stanford.edu>

Online Portal: <https://stanfordcommunity.force.com/OAE/s/>

## Schwab Learning Center

**What it is:** The Schwab Learning Center helps students with learner variability, such as dyslexia and ADHD, understand how they learn and leverage their strengths. Example of resources include tutoring services and assistive technology.

**For More Information:**

Email: [schwablearningcenter@stanford.edu](mailto:schwablearningcenter@stanford.edu)

Website: <https://slc.stanford.edu>

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## Financial Aid Office

*What it is:* The financial aid office assists students who need financial aid to attend Stanford. They also authorize federal work-study for those eligible.

*For More Information:*

Phone: (650) 723-3058

Email: [financialaid@stanford.edu](mailto:financialaid@stanford.edu)

Website: <https://financialaid.stanford.edu/undergrad/>  
<https://financialaid.stanford.edu/grad/>

## Asian American Activities Center (A3C)

*What it is:* The A3C builds a community of Asian and Asian American students, faculty, staff and alumni that fosters greater understanding and awareness of the Asian experience in America. Through programming and advising, they facilitate the multicultural education of all students and the development of leaders.

*For More Information:*

Email: [stanforda3c@stanford.edu](mailto:stanforda3c@stanford.edu)

Website: <https://a3c.stanford.edu>

## Black Community Services Center (BCSC)

*What it is:* The Black Community Services Center aka “The Black House” focuses on the holistic development of students, all of which aligns with their five pillars that include the following: academic/intellectual, alumni engagement, community building, leadership development, and mental health and well-being.

*For More Information:*

Website: <https://bcsc.stanford.edu>

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## El Centro Chicano y Latino

*What it is:* El Centro Chicano y Latino works to support students academically, personally, socially and culturally. They focus on creating mature, aware and socially responsible individuals who advocate and dialogue for equity and social justice.

*For More Information:*

Email: [elcentrochicano@gmail.com](mailto:elcentrochicano@gmail.com)

Website: <https://elcentro.stanford.edu>

## Queer Student Resources (QSR)

*What it is:* QSR is a community center for students that are celebrating, questioning, investigating and/or struggling with sexual orientation and/or gender identity. They are dedicated to making Stanford a place where students of all genders and sexualities can flourish.

*For More Information:*

Email: [queerstudentresources@stanford.edu](mailto:queerstudentresources@stanford.edu)

Website: <https://www.qspot.online>

## The Markaz: Resource Center for Engagement with the Cultures and Peoples of the Muslim World

*What it is:* The Markaz serves all students interested in Africa, the Middle East, and central, south and southeast Asia, as well as the American Muslim experience. It is an entry point for students who want to engage outside the classroom with the cultures, faiths and peoples of this vast region.

*For More Information:*

Email: [the-markaz@stanford.edu](mailto:the-markaz@stanford.edu)

Website: <https://markaz.stanford.edu>

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## Native American Cultural Center (NACC)

*What it is:* The Native American Cultural Center/American Indian, Alaska Native and Native Hawaiian Program provides a comprehensive retention program as well as resources that serve both Native undergraduate and graduate students.

*For More Information:*

Website: <https://nacc.stanford.edu>

## Women's Community Center (WCC)

*What it is:* The Women's Community Center facilitates scholarship, leadership, and activism. This is through a wide variety of programming and services that includes student leadership training, the yearly Stanford Women's Leadership Conference, and career development services.

*For More Information:*

Email: [stanfordwcc@stanford.edu](mailto:stanfordwcc@stanford.edu)

Website: <https://wcc.stanford.edu>

## First-Gen and/or Low Income (FLI) Office

*What it is:* The FLI office believes in providing advocacy, community & belonging, mentorship, and resources for the first-gen and/or low income community on campus. One such resource is the Opportunity Fund that designed to financially assist undergraduate students who are experiencing an unexpected financial challenge or who are seeking funds for an opportunity related to their academic, professional, and/or social development.

*For More Information:*

Website:

<https://diversityandfirstgen.stanford.edu/first-gen-andor-low-income-fl>

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## Office for Inclusion, Belonging, and Intergroup Communication

*What it is:* This office works to build communication and understanding across difference. Their programs include curricular and co-curricular courses, educational workshops, training and consulting. Their mission is to engage students and those who work with student in continuous learning and praxis toward social justice, liberation and a sense of belonging amongst the diverse members of the Stanford University community.

*For More Information:*

Email: [ibic-office@stanford.edu](mailto:ibic-office@stanford.edu)

Website:

<https://diversityandfirstgen.stanford.edu/inclusion-diversity-education-office>

## Hillel Center for Jewish Life

*What it is:* Hillel's mission is to empower Jewish students at Stanford to explore and deepen their Jewish identities, and to envision their futures with choices inspired by Jewish values and commitments.

*For More Information:*

Website: <http://stanford.hillel.org>

## Bechtel International Center

*What it is:* Bechtel serves as a center for international students and offers services around immigration, advising, and helping contribute to international activities at Stanford by helping to create a welcoming and supportive environment that is responsive to the needs of the international community.

*For More Information:*

Website: <https://bechtel.stanford.edu>

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## Immigration Issues and Resources

*What it is:* Immigration Issues and Resources offers support, guidance, and resources for the Stanford immigrant community. Examples of what they offer is travel guidance and an emergency contact if you find yourself in an emergency situation regarding immigration status.

*For More Information:*

Website: <https://immigration.stanford.edu/>

## Stanford Immigrants' Rights Clinic

*What it is:* The Immigrant's Rights Clinic offers legal support and offers free, confidential intakes for Stanford students who are undocumented or DACAmented

*For More Information:*

Email: [fordreamers@stanford.edu](mailto:fordreamers@stanford.edu)

Website: <https://law.stanford.edu/immigrants-rights-clinic/>

## Undocumented and DACAmented at Stanford

*What it is:* Provides information for undocumented members of the Stanford community, such as information on admission and financial aid, legal resources, career resources, as well as counseling and support resources. They also provide an emergency contact if you find yourself in an emergency situation regarding immigration status.

*For More Information:*

Website: <https://undocumented.stanford.edu/>



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## Dean of Students Office

*What it is:* The Dean of Students Office is part of Student Affairs and their mission is to foster an environment where all students can be successful during their Stanford tenure.

*For More Information:*

Email: [deanofstudents@stanford.edu](mailto:deanofstudents@stanford.edu)

Website: <https://deanofstudents.stanford.edu/>

## Title IX Office

*What it is:* The Title IX Office collaborates with the Stanford community to stop, prevent, and remedy interpersonal violence and gender-based discrimination through education, culture change, accountability, and empowerment. They offer options and resources to all students affected by these issues. Stanford's sexual harassment policies continue to apply during remote learning.

*For More Information:*

Email: [titleix@stanford.edu](mailto:titleix@stanford.edu)

Website: <https://titleix.stanford.edu>

## Sexual Harassment/Assault Response Education Title IX Office (SHARE)

*What it is:* SHARE promotes caring, empowered, and consensual relationships at Stanford. SHARE staff are professionally trained in all matters related to sexual violence, relationship violence, stalking, sexual harassment, gender-based discrimination, positive sexuality and healthy relationships. Their office provides education, advocacy, and resource consultations.

*For More Information:*

Email: [saraoffice@stanford.edu](mailto:saraoffice@stanford.edu)

Website: <https://sara.stanford.edu>



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## Office for Military-Affiliated Communities (OMAC)

*What it is:* OMAC focuses on the administration and management of VA financial benefits, coordinates and supports educational opportunities for military-affiliated communities, and conducts outreach to faculty.

*For More Information:*

Website: <https://military.stanford.edu>

## Office of the Vice Provost for Undergraduate Education

*What it is:* The VPUE advocates for undergraduate education in collaboration with students, faculty, schools and departments across the university. They offer many resources like academic advising and planning.

*For More Information:*

Email: [vpue@stanford.edu](mailto:vpue@stanford.edu)

Website: <https://vpue.stanford.edu>

## BEAM Career Center

*What it is:* BEAM engages with students to help them design their career pathways, venture into new opportunities, and pursue their job search.

*For More Information:*

Email: [beam-communities@stanford.edu](mailto:beam-communities@stanford.edu)

Website: <https://beam.stanford.edu>

## Hume Center for Writing and Speaking

*What it is:* Hume provides resources to undergraduate and graduate students for any kind of writing and speaking help.

*For More Information:*

Email: [humecenter@stanford.edu](mailto:humecenter@stanford.edu)

Website:

<https://undergrad.stanford.edu/tutoring-support/hume-center>