COUNSELING & PSYCHOLOGICAL SERVICES (CAPS) 101:
Navigating Mental Health at UCSC
Mental Health

“a state of mind characterized by emotional well-being, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life”

(American Psychological Association)
Common Mental Health Concerns

- Anxiety
- Depression
- Relationship Concerns
- Academic Distress
- Stress
- Adjustment
- Grief & Loss
- Eating Concerns
- Self Injurious Behavior
- Suicidal Thoughts
Barriers

- Unaware of Resources
- Language
- Stigma
TRUE OR FALSE

https://counseling.northwestern.edu/blog/counseling-awareness-month-myths-and-facts-of-counseling/
CAPS Services

Cowell Student Health Center
East Wing, 2nd floor
caps.ucsc.edu
(831) 459-2628

- Confidential counseling services
- No out-of-pocket fees for brief on-campus counseling services (must be student status)
- For mental health services, student must be in the state of CA (exception are workshops and drop-in groups)
- Brief Individual Counseling
- Couples Counseling
- Group Counseling
- Workshops
- Case Management
- Psychiatry ($75 initial evaluation; $25 each visit)
- Outreach & Consultation to UCSC Community
TELEHEALTH
Initial Assessment

30-45 minutes initial appointment with a counselor

Not a therapy session, but more of a consultation

Getting connected to services
### Brief Individual Therapy

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<td>(Do not have to be in CA)</td>
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<table>
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<tr>
<th>Anxiety Toolbox</th>
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<td>Mood Toolbox</td>
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<td>3 part series</td>
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<td>Cycles throughout academic year</td>
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https://caps.ucsc.edu/groups-and-workshops/index.html
DROP-INS
(Do not have to be in California)

https://healthcenter.ucsc.edu/services/case-management.html
https://caps.ucsc.edu/resources/lets-talk/index.html
https://caps.ucsc.edu/groups-and-workshops/30-minute-relaxation.html
Crisis Assistance

- Risk of harm to yourself or others
- Risk from medication, drugs, or alcohol
- Odd or disturbing experiences
- Difficulty Coping with a loss of a significant other
- Gravely Disabled

Call 831-459-2628 (same as mainline) or visit in person during business hours

Available 24/7

Crisis Assistance Site (lists international resources):
https://caps.ucsc.edu/counseling/crisis-assistance.html
Resources

Counseling & Psychological Services
Cowell Student Health Center
East Wing, 2nd floor
caps.ucsc.edu
(831) 459-2628

Supporting UCSC AAPI Community:
https://caps.ucsc.edu/news/support-aapi.html

- Therapist Assisted Online (TAO): https://caps.ucsc.edu/resources/tao.html
- CAPS Self Help Library: https://caps.ucsc.edu/resources/self-help.html
- Student Health & Promotion: https://shop.ucsc.edu/
- CARE: https://care.ucsc.edu/
- Disability Resource Center: https://drc.ucsc.edu/
- Ethnic Resource Center: https://resourcecenters.ucsc.edu/
- Other on campus, local, and off campus resources: https://caps.ucsc.edu/resources/index.html