Counseling & Psychological Services

New Graduate Student Orientation Fall 2019
Howdy From CAPS!

- We provide services focused on student mental health.
- We exists to advance student development and academic success
Counseling & Psychological Services

- CAPS provides goal-oriented counseling to address the mental health and developmental issues of Texas A&M students. Services are available in workshop, group, couples and individual formats as well as limited psychiatric care and crisis intervention. The CAPS team engages in assessment and intervention as well as outreach from a culturally informed, social justice perspective.
Counseling & Psychological Services @ White Creek
Bus Route #3 Yell Practice
What is Counseling?

- Counseling is a professional relationship that empowers diverse individuals and groups to accomplish mental health, wellness, education, and career goals.

- It’s NOT…
  - A quick fix
  - Only for advice
  - Only to vent
Individual & Couples Counseling

- Relationships (romantic, peers, parents, and roommates)
- Academic difficulties
- Homesickness, loneliness, isolation, not fitting in
- Eating concerns
- Stress management
- Depression and anxiety
- Grief and loss
- Self-injury
- Suicidal thoughts
- Career options
CAPS Support Services

- QPR Gatekeeper Training
- Community referral assistance
- Sexual assault resources
- Outreach presentations
- Consultation
Group Counseling

- Worthiness/ self-worth
- Understanding self and others
- Managing anxiety
- International students
- How do I adult?
- Women of color
- LGBTQ+
- Graduate Student Interpersonal Process
- Thesis/dissertation support
- * Groups may change each semester
Say Hello to Sanvello!

- Sanvello, formerly Pacifica, is a mobile app designed to help students improve their mental wellbeing and build healthy habits.
- Sanvello provides tools for people to develop meditation and mindfulness practices, build emotional awareness, and cultivate skills to manage day-to-day stress, depression, and anxiety. It is tailored to reflect the emergency resources available at Texas A&M University and in the Bryan-College Station area, including SCS, Helpline, UPD and local hospitals.
- Students, faculty & staff are able to access a Premium subscription for free with TAMU email address.
- 135 average weekly signups, 7,000 total signups and 4,090 weekly sessions.
- [https://www.sanvello.com/](https://www.sanvello.com/)
Grad Aggies

Several Texas A&M offices joined forces to provide support by offering professional development opportunities including workshops, seminars, training events and online resources organized into four areas:
HELPLINE

• After-hours crisis and support telephone hotline
• Monday - Friday
  4 p.m. - 8 a.m.
• Weekends
  24 hours

979-845-2700
Call. Talk. We’re Here.
Suicide Awareness Walk

- Tuesday, September 10th, World Suicide Prevention Day
- 7 p.m. Gather in Rudder Plaza
- 8 p.m. Candle lighting
- 8:15 p.m. Walk begins
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FOLLOW US
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