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. We emphasize mental wellness as an essential part of student success.
HOW DO WE HELP?

• Funded by student fees
• Confidential
• Prevention and Education
  • Suicide Prevention Training
  • Educational outreach/programming
• Evaluation is the first step
  • Triage Appointments
• Short-term Counseling
  • Workshops
  • Group counseling
  • Individual counseling
  • Couples counseling
  • AOD Assessment
  • ADHD/Learning Disability Screening
  • Psychiatric services in conjunction with counseling
• Available for Consultation
The most common reasons Graduate students come to counseling:

- Anxiety and stress management
- Depression
  - Decreased motivation, loss of interest, withdraw
- Career Concerns
- Burnout
- Relationship Conflict
WHAT IS MENTAL HEALTH?

Mental Health: Your general state of well-being & state of mind. Something that should be looked after.

Mental Illness: Something that disrupts your mental state and interrupts how you feel, think, communicate and behave.
WELLNESS & BALANCE
"SHOULD I SLEEP OR SHOULD I SHOWER?"

"I COULD SLEEP IN THE SHOWER, BUT I'M ALSO STARVING."
Possible indicators of Distressed Students

‣ Academics
  ▶ Decline in work quality
  ▶ Repeated absences
  ▶ Work indicating concern (content of hopelessness, isolation, despair)

‣ Physical
  ▶ Deterioration of grooming/hygiene
  ▶ Severe weight gain/loss

‣ Personal/interpersonal
  ▶ Tearfulness
  ▶ Expression of hopelessness, worthlessness, shame
  ▶ More irritated than usual
  ▶ Comments about distress
  ▶ Classmate concern
Distressed Students

- Risk behaviors
  - Implied or direct threat of harm to self or others
  - Self injurious behavior

- Suicidal
  - Excessive sadness or moodiness
  - Hopelessness
  - Sleep problems
  - Sudden sense of calmness
  - Withdrawal
  - Changes in personality
Helping a distressed student

▶ Respond with compassion
  • Share concerns, make sure you have enough time to talk
  • Intervene early
  • Affirm & validate
    • Reinforce help-seeking – CAPS, mentor, family, friends etc

▶ Empathize
  • Refrain from judgment
  • Be willing to reflect emotions you hear

▶ Connect
  • Listen
  • Connect to resources/call 911 if suicidal
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
50 minute workshops:

- **Understanding Worthiness**
- **Career Assessment & Exploration**
  - Strong Interest
  - Myers-Briggs Type

Workshop series: Series repeat each 2 or 3 weeks

- **Anxiety Toolbox**
  - 3 - weekly sessions on managing anxiety
- **Get Unstuck**
  - 3 - weekly sessions addressing Depression
- **Accepting Emotions**
  - 2 - weekly sessions on understanding and embracing emotions
- **Perfectionism**
  - 2 weekly sessions focusing on debunking the “myths” of perfectionism
- **Test Anxiety/preparation**
  - 2 - weekly sessions on test anxiety
Group Counseling

- Coping with Grief & Loss
- DBT Critical Care Program
- Embracing Your Self-Worth
- GRACE
- Graduate Student Support
- How Do I Adult?
- Understanding Self and Others
- Managing Anxiety
- International Students
- Women of Color/Men of Color
- Self-Care
- LGBTQ+
- Thesis/Dissertation Support

* Groups may change each semester
CAPS SUPPORT SERVICES

- QPR Gatekeeper Training
- Community referral assistance
- Sexual assault resources
- Outreach presentations
- Consultation
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 CAPS, 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/
Kognito At-Risk Training

*Kognito At-Risk* is a 45-minute, online, interactive gatekeeper intervention training program that teaches students, faculty, and staff how to:

1. **Identify** individuals exhibiting signs of psychological distress, including depression and thoughts of suicide;
2. **Approach** individuals to discuss their concern; and
3. **Make referrals** to Counseling and Psychological Services and other community resources.

* https://caps.tamu.edu/?q=suicidepreventiontraining

**ARE YOU WORRIED ABOUT A FRIEND OR CLASSMATE?**

College can be stressful at times. Build the confidence to talk with a friend who may need help.
Accessing Kognito

Register for a free account using your @tamu.edu email address (e.g., aggie@tamu.edu instead of aggie@athletics.tamu.edu). Then, follow the steps below to access Kognito:

**Step 1:** Go to: [https://www.kognitocampus.com](https://www.kognitocampus.com)

**Step 2:** Click “Don’t have an account? Click here.”

**Step 3:** Register for a free account using your @tamu.edu email address (e.g., aggie@tamu.edu instead of aggie@athletics.tamu.edu).

**Enrollment Key:**

- If you are Faculty or Staff: tamcsuf
- If you are a Student: tamcsus

**Step 4:** Select your Department affiliation (if your department is not listed, select “Other”)

**Step 5:** Continue to the training!

Don’t forget to download your certificate of completion and save it for confirmation that you have participated in this training.
HELP LINE  979-845-2700

- HelpLine is open after-hours, 4:30 PM-8 AM during the week and 24 hours on the weekends. It is a telephone hotline staffed by Aggies to provide:
  - Information
  - Support
  - Crisis Intervention
  - Referral
- The number is conveniently listed on the back of your Texas A&M Student ID.
CRISIS INTERVENTION

- Walk-in crisis counseling is available to students Monday- Friday 8 AM – 5 PM
- Possible examples of a crisis, but not limited to:
  - Suicidal thoughts
  - Homicidal thoughts
  - Sexual assault
  - Recent traumatic event
  - Death of a loved one