Counseling & Psychological Services

New Graduate Student Orientation Spring 2020
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.
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
IT’S OK TO ASK FOR HELP

► Workshops
► Counseling
  • Group
  • Individual
  • Couple
► Crisis intervention
► Limited psychiatric services
► Referral services
► Resources
► Outreach
► Suicide prevention
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!

- Daily mood tracking
- Guided journeys on specific topics
  - Stress, anxiety, depression
- Guided meditations
- Premium features for free with tamu.edu email
- Join the 6,500 Aggies who have download the app.
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
Check Out Our New Location!