



COUNSELING & PSYCHOLOGICAL SERVICES (CAPS) 101:

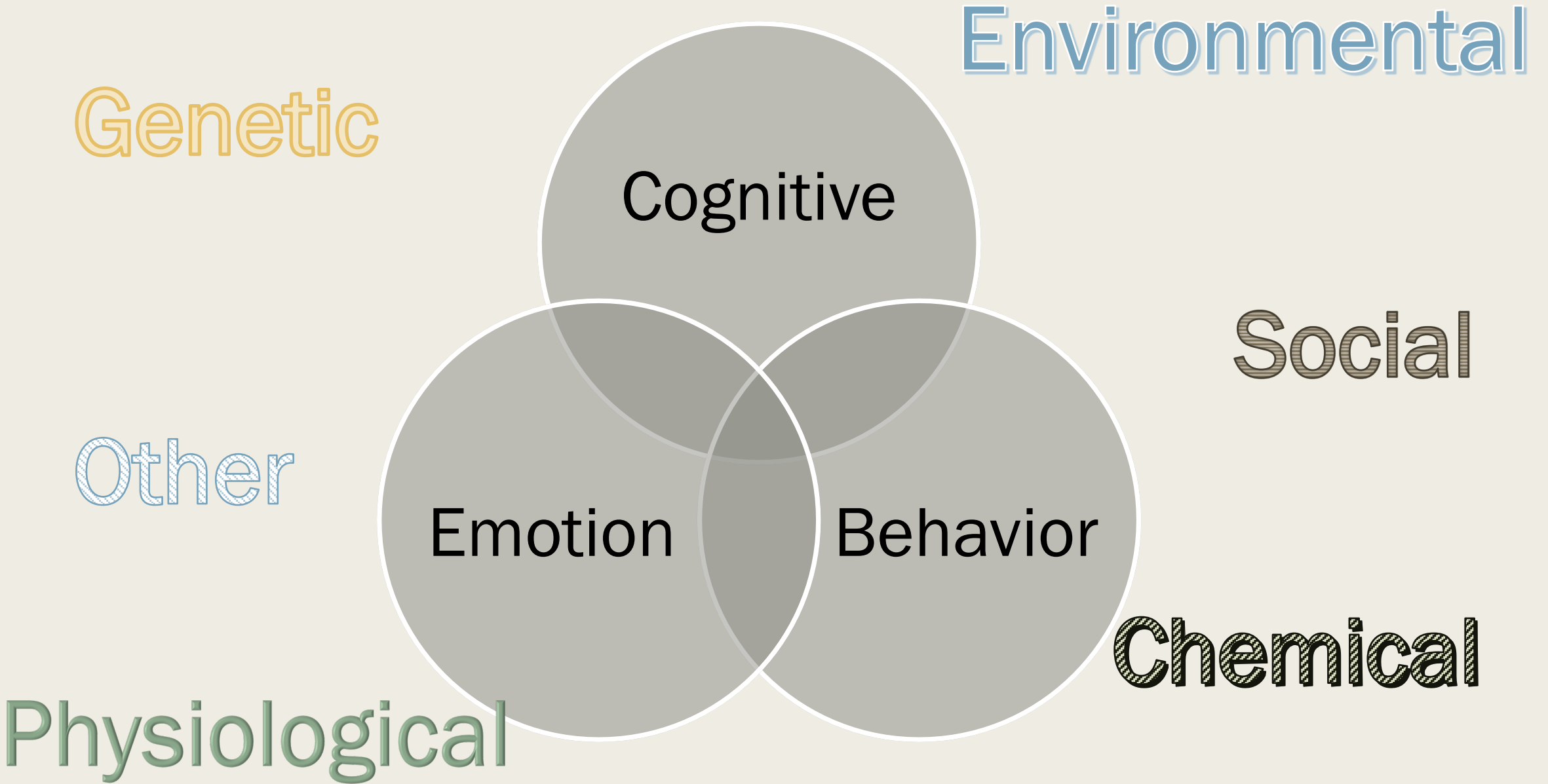
Navigating Mental Health at UCSC



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

Short-term

Treatment Goals

Personalized Treatment
Plan

45-minute sessions

Groups

<https://caps.ucsc.edu/groups-and-workshops/index.html>

Groups	Description
Undergraduate Women's Group	A confidential space for female-identified undergraduate students who would like the support of other women in exploring relationships, self-image, self-esteem, school, family, and other issues.
Healing After Sexual Assault	A group designed to provide a supportive and safe environment for students who have experienced sexual assault as an adult to share experiences, connect with others, and receive support in regaining a greater sense of control and empowerment in their lives.
Understanding Myself & Others	A supportive group for undergraduate students to learn more about themselves, significant life events, significant relationships, and how they relate to others.
Black Women's Group	A group for students who identify as female and African, Black and Caribbean to discuss and share feelings about the trials and triumphs of being a self-identified black woman in 2021. Topics for discussion will include the challenges of relationships, finances, family, school, weight, self-esteem, and loss, as examples.
Resistance & Resilience	A support group for BIPOC identifying students to find connection, support, and community while processing experiences of fear, anger, and grief in reaction to current/historical social and racial injustices.
Graduate Women's Group	A supportive space for female identified graduate students to talk about the stressors of being a grad student, both personal and professional. Common topics include relationship with faculty and peers, Imposter Syndrome, procrastination, and how to have a life outside of grad school.
Graduate Men's Group	A support group for male graduate students who wish to come together to discuss the challenges of being a grad student. This group is participant driven, with the goal of fostering a deeper sense of community while exploring personal, academic, and professional concerns.
Living with Loss	A supportive environment where students can connect through learning about honoring grief and loss issues while managing academic demands.
Undocuconnect	A group designed to provide a supportive and brave environment for students that identify as part of the Undocumented community. Group time will be used to learn about mental health, share experiences, build community, and foster a sense of belonging.

Workshops

(Do not have to be in CA)

Anxiety Toolbox

Mood Toolbox

3 part series

Cycles throughout academic
year



<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>

DROP-INS

(DO NOT HAVE TO BE IN CALIFORNIA)

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

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Cowell Student Health Center
East Wing, 2nd floor
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(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>