



reCAPS

Counseling & Psychological Services
University of California, Santa Cruz

Maintaining Good Mental Health Post-CAPS

Several thousand students come to CAPS every academic year for help with mental health, academic, and personal concerns. The issues that bring them to CAPS are diverse and include problems like roommate conflict, academic struggles, and breakups, as well as psychological concerns like depression, bipolar disorder, anxiety, and substance addiction.

For students with more complex concerns, CAPS may be providing referrals to off-campus services that can't be offered on campus. For others, a round of brief individual therapy at CAPS or participation in a group may provide the support, guidance, and potential for change that is needed to

cope without ongoing services. For still others, brief individual or group therapy through CAPS is just one step on the journey to managing good mental health.

So, what happens when a student leaves Santa Cruz for the summer, graduates, or simply finishes a round of services at CAPS? What comes next? There is no one answer, but often, continuing services off campus can be a good idea. Your CAPS counselor or one of our case managers can make suggestions about what to do after ending a round of counseling at CAPS or leaving UCSC. Ongoing care is especially important when you're taking prescription medications for a mental health

issue, as stopping some medications "cold turkey" can lead to withdrawal reactions.

Many students aren't aware that if they have paid for UC SHIP insurance in the spring, it remains active over the summer, even after graduation. What's more, SHIP can be used in communities all across California (and worldwide). Students can visit the [SHIP website](#) or call SHIP customer service to find a counselor and/or psychiatrist (a doctor specializing in mental health issues who can provide medication) near home. For students who have private insurance, your insurance provider can explain what mental

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All About CAPS

Counseling and Psychological Services (CAPS) offers FREE, confidential mental health services to registered UCSC students all year 'round:

- Brief individual, couples' and group counseling
- Awesome workshops and trainings around campus
- Referrals to on- and off-campus resources
- Crisis services (in person Mon-Fri 8 am-5 pm; by phone 24/7 at 831-459-2628)

To make an appointment, call us at 831-459-2628 or stop by (Student Health Center, East Wing, 2nd floor) weekdays between 8 am and 5 pm. To learn more, visit our [website](#), check out the [CAPS blog](#), and like us on [Facebook](#)!



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health services your policy covers and recommend a clinician in your home area if you don't already have one you've seen.

Another way that students can get referrals near home is to call or stop by the closest UC counseling center. All of the UC counseling centers have an agreement that any UC student can be helped through any UC counseling center—not just the one where the student goes to school. The staff at a UC counseling center in your home area will be more familiar with therapists and psychiatrists located near you than we are here at UCSC CAPS.

Even when someone doesn't have a complex or serious mental health issue, he or she may decide to continue working on concerns after completing counseling at CAPS. There are other ways besides therapy or medication to address many issues. Sometimes lifestyle changes that support mental health, such as increasing exercise, improving sleep, and quitting smoking, can be accomplished on your own. Some students use self-help books, websites, or apps to work on issues like relationships, self-esteem, anxiety, and sleep problems. Perhaps joining an exercise class would be beneficial. If stress is the problem, some people find alternative health mo-

dalities like acupuncture, massage, yoga, and meditation to be helpful.

The important thing to remember is that while CAPS services can help you resolve some issues, they may just be the first step in resolving or managing other problems. All of us have challenges that can take time, personal growth, and various forms of treatment and support to overcome. So, don't hesitate to ask us at CAPS if you would like some help planning for good mental health once you leave UCSC for the year (or for good if you're graduating). If you have an existing counselor, he or she is probably the best resource. Otherwise, call the CAPS central office at 831-459-2628.

Dear CAPS,

I'm graduating, and I am freaking out about it. Is that normal?

—*Future Shock*

First of all, congratulations on finishing college. And yes, it's totally normal to have fears about graduation. It's a big transition, and most people feel a wide range of emotions about it, including fear and anxiety.

Many grads have fears about what they will do in the future. There are several things you can do about this fear. One is to get advice and help from advisors, career counselors, professors, mentors, and friends. It's also important to take things one step at a time. If you feel frozen by the idea of "choosing my career" and "deciding what to do for the rest of my life," take a deep breath and chill! Right now, you are taking one step toward your future career, whether that is finding your first job,

applying to a graduate program, or taking some time to figure out what your next step will be. Most people change jobs—or even careers—several times in their lifetime. The first job you get doesn't have to be "the one." Each job is a chance to learn more about what you like and don't like, what you are good at and what you need help working on. Some jobs are just ways to make money while you figure out where you'd like your career to go.

Other grads have anxiety about leaving the safe and secure environment of college. College life has more structure than "real life"—each quarter you have certain classes to take, syllabi to follow, exams. It's natural to feel anxious about the uncertainty of creating your own structure and routine after graduation. There are also people there to support you in college, such as residential life staff, professors, TAs, tutors, advisors, and counselors. Some grads worry about getting sup-

port away from this more structured environment. Remember that even though you're leaving UCSC, there are still people to support you. It may just take a little effort on your part to ask for that support from family, friends, and mentors.

Feeling anxious about graduating is to be expected, but don't forget to focus on the positive. Celebrate your accomplishments. Congratulations, and good luck!



Wellness Tip: Yoga for Mental Health

Yoga has been popular in the United States for decades. In addition to yoga being good for balance, flexibility, and strength, it's often said that it helps relieve stress and improve mood, and a number of studies suggest that this is true.

If you're new to yoga, taking a class may be the best way to try it out so that you'll have a teacher close by to help you use the proper form to prevent injury and maximize your experience. There are many yoga studios in Santa Cruz, some of which offer "community"

classes that are low cost or donation based ("pay what you can"). Some studios give discounts when you buy bundles of classes, and others may offer a free introductory class. Sometimes you can also find deals on Groupon or Living Social for yoga classes. With a little Internet research, you can find a lot of good options locally or in your home town if you are leaving Santa Cruz for the summer.

If you've done yoga before and know the basics, you might consider using a DVD or on-line yoga video (you

can find some on YouTube) so that you can practice on your own or with friends at home (or anywhere). You may even be able to remember poses that you like from yoga classes you've attended and just do them from memory.

Read [this article](#) in the *Harvard Mental Health Letter* for more info on the research proving yoga's benefits. And, check out this short video on [yoga for stress relief](#) (which is also posted on the CAPS website [self-help page](#)).



CAPS Summer Services

Did you know that Counseling & Psychological Services (CAPS) is open all summer? CAPS offers most of its usual services mid-June through September: crisis services, individual counseling, couples counseling, and referrals. We don't offer Let's Talk or have any groups that meet over the summer, however: Let's Talk and groups resume in the fall quarter.

If you are a registered student in Spring 2015 and are enrolled for either summer session or Fall 2015, you are eligible for services at CAPS during the summer. Call (831-459-2628) or stop by our central office, located on the second floor of the Student Health Center, above the pharmacy, during business hours (Mon–Fri, 8 am–5 pm). Our after-hours line is also available all year on evenings, weekends, and holidays. If you are having a mental health crisis after hours, call 831-459-2628, and choose the menu option to talk to a live counselor.

Contact CAPS:

Student Health Center
East Wing, 2nd Floor
Phone: 831-459-2628
(24/7 crisis help)
<http://caps.ucsc.edu>

Upcoming Events

DROP-IN GROUPS: CAPS offers several drop-in groups students can check out any time with no appointment or commitment. Usually, the final meeting of the academic year is the week before finals, but this may vary from group to group. Current drop-in groups are the Queer Men's Group (Mondays, 5:30–7:00 pm, Cantu Center), Women of Color Support Group (Wednesdays, 2:00–3:30 pm, CAPS central office), Queer and Questioning Women's Group (Wednesdays, 5:00–6:30 pm, Cantu Center), and Men of Color Group (Thursdays, 3:30–5:00 pm, Bay Tree Building, 3rd Floor). Check out our [groups web page](#) or call us at 831-459-2628 during business hours for the latest group information.

LET'S TALK: Let's Talk is a drop-in space where you can have a brief, confidential, one-time chat with a CAPS counselor. It's free, and you don't need an appointment—just walk in! The final times of the academic year for Let's Talk are generally the week before exams. Let's Talk is held on Mondays at the Cantu Center from 3 to 4:30 pm, Wednesdays at McHenry Library, Room 2285, from 1:30 to 3:30 pm, and Thursdays from 2:30 to 4:30 pm at Baskin Engineering, Room 153B. There is also a special Let's Talk focused on substance abuse and addiction and recovery (but any student is welcome) on Thursdays from 2 to 4 pm at The Cove recovery space, Kresge Building 393, Suite 153. Read more about Let's Talk on the CAPS [website](#).

PAUSE FOR PAWS: Those loveable canines are coming back to help you de-stress during finals week! Petting and interacting with dogs is a great way to take a break from studying to relax and smile. Therapy dogs are specially trained to enjoy interacting with a lot of new people. Come to the McHenry Library lawn on Sunday, June 7th, 5–6 pm or the Science and Engineering Library on Monday, June 8th, 6:30–7:30 pm. Sponsored by the University Library. Like the [University Library's Facebook page](#) to get updates!

