



reCAPS

**Counseling & Psychological Services
University of California, Santa Cruz**

Summer Mental Health

Although summer can be a more relaxing time for some, for others it is just as busy and stressful as the rest of the year. And, we're not immune to mental health and personal concerns during the summer months. It's good to know your options for getting help with stress, mental health issues, difficult life events, and emotional concerns over the summer.

Did you know that CAPS is open to continuing registered UCSC

students all summer? (If you are graduating, CAPS can help you find referrals.) As campus is quieter at this time, CAPS' services are more limited: We provide crisis services, initial assessments, brief individual counseling, and referrals. We offer psychiatry (medication) services on a limited basis. We also may offer couples counseling (depending on counselor availability). Note that SHIP or other insurance is not needed to access services at CAPS

(except for prescriptions)—the cost is covered by student fees.

Speaking of SHIP, many students aren't aware that if they have paid for SHIP in the spring quarter, it remains active until the start of fall quarter, even if you have graduated. What's more, SHIP can be used in communities across California (and nationwide) for medical and mental health services. Students can visit the [SHIP website](#) or call

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All About CAPS

Counseling & Psychological Services (CAPS) offers confidential mental health and wellness services to registered UCSC students:

- Helpful workshops, trainings, and self-help tools
- A variety of therapy and support groups
- Let's Talk drop-in consultations
- Brief individual and couples counseling
- Referrals to on- and off-campus resources
- Limited psychiatry services
- Crisis services in person Mon–Fri 8 am–5 pm and by phone 24/7 at (831) 459-2628

To make an appointment, call (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](#) and like us on [Facebook](#)! Also, check out our Peer Educator-created [blog](#) and [Instagram](#)!



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customer service to find a clinician close by. For students who have a non-SHIP insurance plan, call the customer service number to find out what mental health services your policy covers and to get referrals in your home area.

One lesser-known service that CAPS offers is a one-time assessment to provide referrals to students who attend other UCs but are living in or visiting Santa Cruz for the summer. Other UC counseling centers provide this service as well, so if you are spending the summer in a community that has a

UC campus nearby, keep this in mind if you need mental health referrals. Note that the specifics about how this service is provided at other UC CAPS departments may vary, so call them if you have any questions.

Note that our Let's Talk drop-in consultation service and most of our groups and workshops go on hiatus over the summer months, resuming in fall quarter 2018.

Summer can be a great time to pay more attention to self-care and self-help tools. For example, regular exercise is scientifically

proven to reduce stress and improve mood, so consider upping your activity level this summer. A great self-help tool is WellTrack, an online program designed to address concerns with stress, anxiety, mood, and other issues. You can register for free on the [CAPS website](#) using your UCSC email address or the CAPS code: UCSCCAPS.

To learn more about CAPS summer services, visit our [website](#) or call or stop by our main office during business hours.

Dear CAPS,

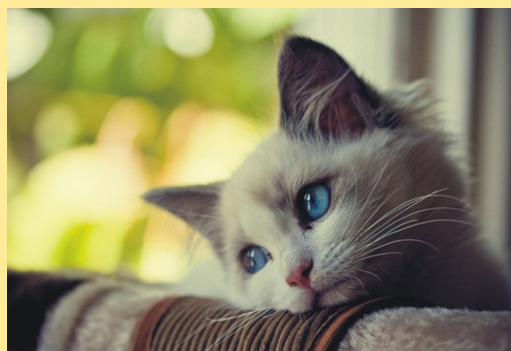
What does it mean to be "clinically depressed?"

—Curious

People often use the word *depressed* when they mean they're feeling sad or down. Feeling sad sometimes is a normal part of being human. However, sometimes low mood goes on for longer than is normal and occurs with other symptoms, which may indicate clinical depression. **Clinical depression** (also called **major depression** or just **depression**) is a mental health condition.

A person with clinical depression may feel sad or may feel flat or empty instead. There are a number of other symptoms that must be present in order to make a depression diagnosis. These include problems with sleep, problems with eating and appetite, feeling worthless, loss of interest and/or loss of pleasure in things that used to be enjoyable, difficulty concentrating, fatigue,

and suicidal thoughts. When these symptoms occur for more than a couple weeks, aren't caused by grief, and interfere with a person's ability to func-



tion and/or their well-being, the person may be diagnosed with depression by a mental health professional.

Depression may be mild, moderate, or severe and may occur just once in a person's lifetime or more than once. It often runs in families, and there are both genetic and environmental factors that contribute to it.

There are several different types of depression. One is unipolar depression, meaning that the person has depressive symptoms but not manic ones. When a person has both depressive and manic symptoms, they may have bipolar disorder. There is also a more pervasive and typically less severe form of depression called dysthymia, also called chronic depression.

Depression can be treated by therapy, medication, or both. It's especially important to seek professional help if your symptoms are moderate to severe and/or you have thoughts of killing yourself. Lifestyle changes, such as increasing exercise and engagement in pleasurable and social activities also help with depression. Research shows that starting a gratitude practice or volunteer work may also be useful in reducing depressive symptoms.

To read more about depression, check out the [WebMD website](#). If you believe you may be depressed, contact CAPS or your medical doctor.

Wellness Tip: Managing Panic Attacks

A panic attack is an acute episode of intense anxiety symptoms that may occur as the result of an internal or external trigger (e.g., thoughts, memories, situations). When panic attacks are caused by known triggers, they are considered a symptom of general anxiety or other anxiety problems. When panic attacks seem to happen for “no reason” and are not clearly connected with triggers, they may be considered a panic disorder.

Either way, panic attacks are uncomfortable but not dangerous. Your body's fight-or-flight responses are going into overdrive in situations where this is not helpful.

While it is not always possible to prevent a panic attack, finding ways to better manage anxiety in general can reduce the frequency and in-

tensity or panic attacks and sometimes alleviate them. There are multiple ways to reduce general anxiety, including getting enough sleep, eating well, exercising regularly, improving time management skills, and engaging in pleasurable activities and positive social relationships. Relaxation exercises and other calming activities done on a regular basis, such as yoga, chi gong, meditation, or tai chi, can also help.

There are a few in-the-moment strategies that may make panic attacks less intense and shorter and help you better tolerate them. One is to practice deep, slow, calm breathing. For some people, it helps to sit or lie down while breathing deeply. For others, walking around (especially outside) can be more helpful and help release “anxiety

chemicals” (such as adrenaline and cortisol) that build up in the body when we’re anxious. Other strategies include splashing your face with cold water or putting a cold washcloth on your face, repeating reassuring thoughts (e.g., “This will pass,” “I’m going to be OK,” “I can cope with this even though it’s uncomfortable”), and distraction (e.g., calling or texting a friend, watching a video, listening to music, making a list of things you can do later that day or a list of favorite songs if “things to do” causes more anxiety).

Read more about panic attacks [here](#). If you have concerns about panic and anxiety, you can contact CAPS to learn more and get additional help.



Upcoming Events

See our [website calendar](#) and [Facebook page](#) for more upcoming events.

YOGA FOR MENTAL HEALTH: A drop-in group that meets Thursdays from 4 to 5:30 pm in the Student Health Center Mural Room (first floor, front). CAPS psychiatric nurse practitioner and yoga teacher Sharon Haight-Carter teaches ways to use yoga for mental health. Appropriate for all levels.

LET'S TALK: A drop-in space to get a brief, confidential chat with a professional CAPS counselor. It's free, and

you don't need an appointment. Held four afternoons a week at different locations around campus when classes are in session (typically is not held during finals or summer). All registered undergraduate and graduate UCSC students are welcome to any location of Let's Talk. Read more and see the current schedule on our [website](#).

STRESS LESS: A free, drop-in workshop designed to teach you skills for managing stress, led by CAPS peer educators. Friday, June 1st, 11 am to 12:30 pm, CAPS main office, group room. FREE PIZZA!!

10 RESPONSIBLE DRINKING STRATEGIES



1. Stay with the same group of friends the entire time drinking.



2. Use a designated driver



3. Eat before and/or during drinking



7. Determine in advance not to exceed a set number of drinks



6. Avoid Drinking Games



5. Stick with only one kind of alcohol



4. Keep track of how many drinks are being consumed



8. Have a friend let you know when you have had enough



9. Alternate non-alcoholic with alcoholic beverages



10. Pace drinks to one or fewer per hour

With graduation and other end-of-the year celebrations coming and summer being a time when people may go out more, it's a good time to re-examine your alcohol habits. CAPS encourages those under 21 to avoid drinking, but if you do decide to drink, consider some of these tips to have fun rather than having a night of drinking end up being not so fun—or even disastrous.