

How to Make an Appointment

If you would like to make a first time appointment for counseling services, please call our main office at **(831) 459-2628**. When you call CAPS, you will be given a phone appointment to speak briefly with one of our counselors. The counselor will gather some information in order to determine which services will best meet your needs. That may mean scheduling an in-person intake at CAPS or providing a referral to another university service or to services off-campus.

All contacts and services are confidential, in keeping with professional ethics and legal standards.



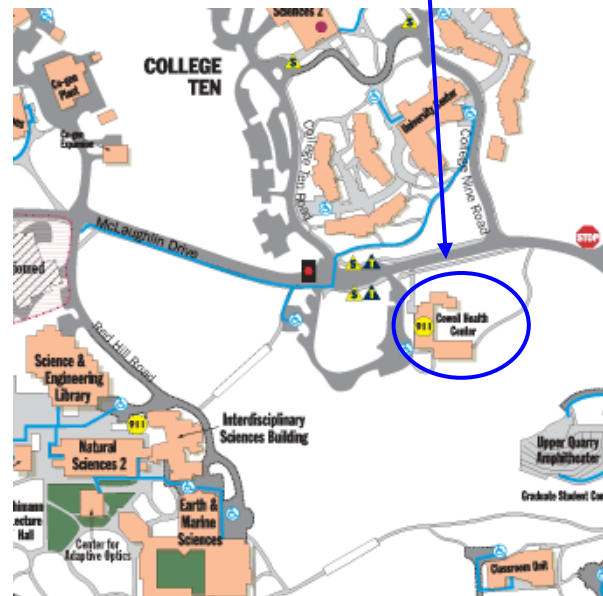
More information
& resources
are online

<http://caps.ucsc.edu/>

Where is CAPS?

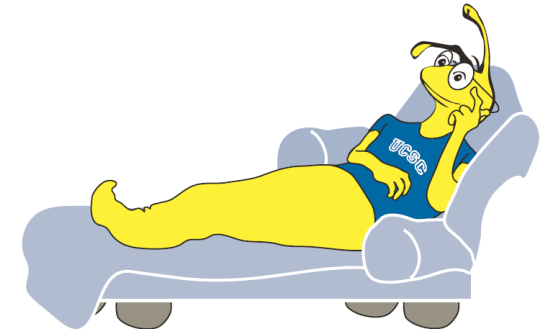
CAPS has a Central Counseling Office located at Cowell Student Health Center, as well as several counseling offices located at the various colleges. The main office is located on the second floor of the East Wing—directly above the Pharmacy—and can be accessed using the outdoor stairwell or an indoor elevator.

CAPS Central Office



Counseling and Psychological Services

Services Available to Students



CAPS

University of California, Santa Cruz
1156 High Street
Cowell Student Health Center
Santa Cruz, CA 95064
(831) 459-2628

Hours: Monday-Friday
8:00 am-5:00 pm

<http://caps.ucsc.edu/>

Who are the Staff of CAPS and How Do We Serve Students?

The CAPS staff is an ethnically and socio-culturally diverse group of licensed mental health professionals, including psychologists, marriage and family therapists, social workers, and psychiatrists, psychology interns, and post-doctoral fellows.

We provide many services and programs that can assist students with issues that may interfere with personal well being and academic success.

What Services are Available to Students?

Individual, couples & family counseling/psychotherapy, and referrals:

The type and focus of counseling is determined largely by the particular needs, goals, and personal characteristics of each student. CAPS provides time-limited counseling or therapy to UCSC students and significant others, when appropriate. A student's problems are identified during an initial phone consultation where recommendations are given regarding next steps and counseling options. Within the first few sessions, and goals for problem resolution are reached through collaboration between the student and CAPS staff therapist. Sometimes we find that students may have problems or issues that are more appropriate for counseling or psychotherapy that can be accommodated by therapists or private counseling agencies in the community. CAPS assists students with off-campus referrals by having a current list of licensed therapists and agencies that are appropriate for meeting the needs of students with longer-term issues.

Emergency Crisis Services: Students who are severely distressed may be seen the same day for emergency services by contacting our Central Office on the second floor of the Cowell Student Health Center. The therapist on call will assess the situation with the student and determine what resources and services are appropriate for the student. Our Central Office is open M-F between 8 a.m. and 5 p.m. ***See After-Hours Crisis Service for 24 hour care.***

Psychiatry Services: Psychiatry services are offered by referral from other CAPS staff, the UCSC Student Health Center, or an off-campus medical or counseling professional. Psychiatry staff conduct diagnostic evaluations and prescribe medications to address mental health disorders such as depression and anxiety.

Students seeking to transfer their psychiatry care from their current psychiatrist to our center should consult our website, <http://caps.ucsc.edu/> for information on transfer of medication care. Additionally, if students are seeking support in treating or diagnosing ADHD, please refer to our website for complete information on services available.

Group counseling: Group counseling can be an effective way for many students to address their personal and interpersonal issues, as well as be helpful in promoting personal growth. Group counseling may be the first choice of intervention for issues such as social isolation and lack of emotional support system, or serve as a useful addition to individual, couples, and family counseling. Groups are available for specific populations and concerns. A list of our current counseling groups is available on the CAPS website: <http://caps.ucsc.edu/>.

Other Services Available

Workshops: CAPS offers psycho-educational workshops that address particular issues, such as stress management, social skills development, and coping with anger. Student organizations or campus units serving students can call the main CAPS office at (831) 459-2628 to make requests for specific workshops.

After-Hours Crisis Service: Telephone crisis assessment, safety planning, and referrals for UCSC students is available after hours. Staff, faculty, friends, and family can call for consultation or assistance regarding a student in distress. It is available M-F between 5 p.m. and 8 a.m., and 24 hours on weekends and holidays by calling 831-459-2628.

Please note that CAPS Psychiatry staff are NOT available to prescribe medication after-hours on nights, weekends, or holidays. If you are having problems with your medications prescribed by a CAPS Psychiatry clinician or need a refill when CAPS is closed, please contact a local emergency room or a walk in clinic for emergency assistance.

If you have the UC Santa Cruz USHIP/GSHIP insurance, you can contact the 24-hour Nurse Advice Line at 1-800-977-0027

Consultation: CAPS staff provide consultation and training to residential and housing staff, student services units, administrative and academic departments, and faculty to assist them in working with community issues and with students for whom they have concern. Call our main office to speak directly with one of our staff.