

HELPING STUDENTS

Ways to Refer a Student to CAPS

If you have concerns for the student's immediate safety or the immediate safety of another, contact 911. Safety precedes treatment.

If the concern does not seem urgent, have the student call CAPS and schedule an appointment. Ask the student if you can follow-up with them in a few days. During this follow-up, you can inquire about the student's actions regarding your referral to CAPS.

If the concern does seem urgent, walk the student over to CAPS and have the student request to speak with the CAPS Consultant on Duty.

You can always call the CAPS Consultant on Duty if you have any mental health questions or concerns regarding students, staff, or faculty.

Making an Appointment

If you are interested in any of the counseling services described in this brochure, simply call CAPS at 713-743-5454 to arrange an Initial Consultation (ICON) appointment. ICON appointments are available throughout the week and can be scheduled at your convenience.

The Initial Consultation appointment is an opportunity for you and a CAPS clinician to determine what kinds of services will best meet your needs. These may be CAPS services or referrals to other campus and community agencies.

Psychiatric Services

CAPS does not provide psychiatric services. If you are interested in being evaluated for psychiatric medication, please contact the University of Houston Health Center Psychiatry Clinic at 713-743-5149.

FIND US



Student Service Center 1 is located at UH Entrance 6, between the University of Houston Health Center and the Ezekiel W. Cullen Building. It is building 524 on the UH campus map. CAPS is on the 2nd floor at the end of the hall.

Parking Information

The closest student parking lot (9C) is located on Wheeler Street. There is also metered parking along Entrance 6/Cougar Village Dr..

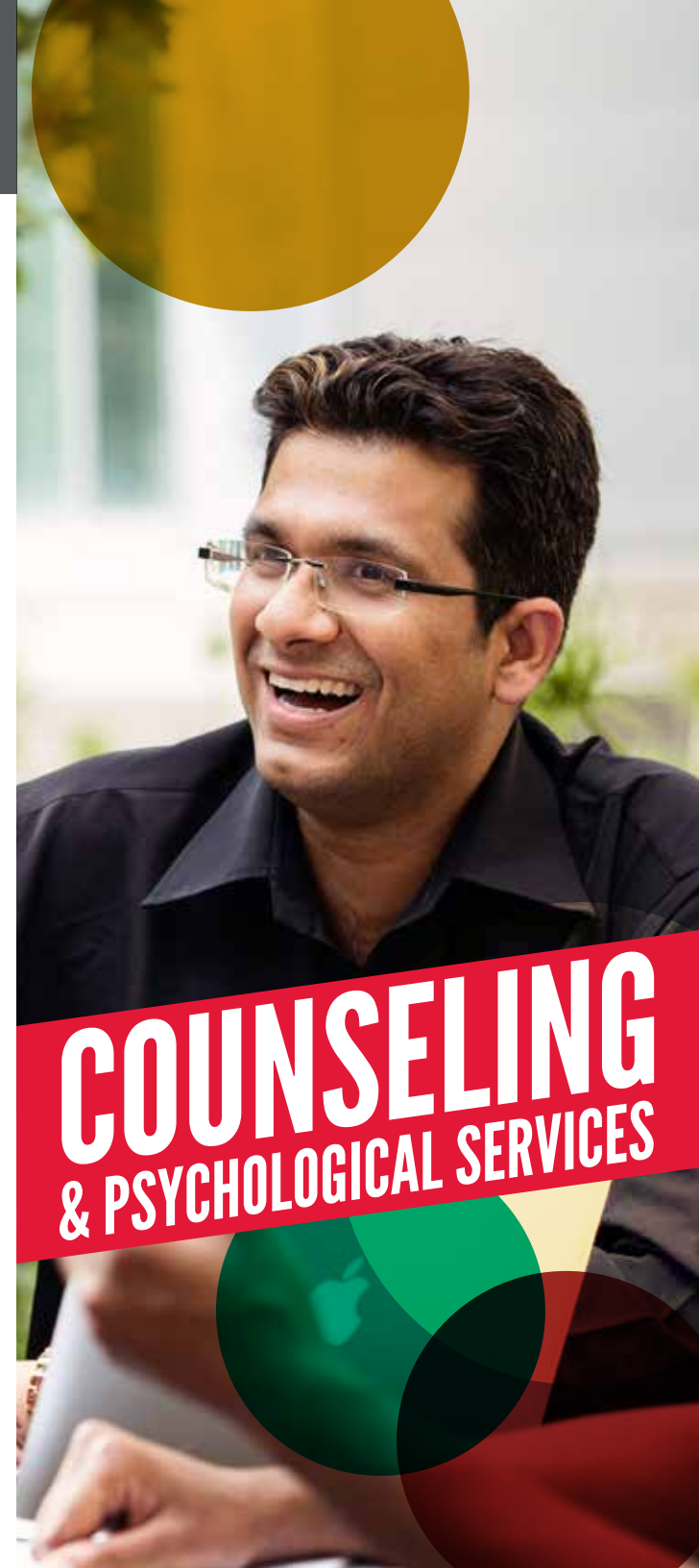
The University of Houston is an EEO/AA institution.

UNIVERSITY of
HOUSTON

COUNSELING & PSYCHOLOGICAL SERVICES

CAPS Hours of Operation

Monday—Friday | 8:00am—5:00pm
226 Student Service Center 1
4365 Wheeler St., Room 226 | Houston, TX 77204-3026 |
(713) 743-5454 | uh.edu/caps



**COUNSELING
& PSYCHOLOGICAL SERVICES**

ABOUT CAPS



Counseling and Psychological Services (CAPS)

offers a variety of services including crisis intervention, counseling, outreach, and consultation. CAPS staff is available to all students, faculty, and staff seeking assistance. CAPS staff consists of licensed psychologists, doctoral and masters level mental health professionals, and advanced graduate trainees in counseling and clinical psychology. Our staff offers a wide variety of clinical interests and expertise. Psychology ethics and state law require that these services be confidential except under unusual, well-defined circumstances.

Who is eligible for CAPS services?

All currently enrolled students at the University of Houston main campus and UH Sugarland campus are eligible for clinical services at CAPS. Initial Consultation (ICON) appointments are the first meeting a student would have with CAPS. Counseling services require an ICON appointment first. ICONs are always free for currently enrolled UH Students.



Individual Counseling and Couples Counseling

Individual counseling is available for UH students who are seeking assistance with personal concerns. Common client concerns include: depression, anxiety, stress, interpersonal conflict, identity concerns and/or trauma recovery. Couples counseling is available to UH students. Only one of the partners needs to be affiliated with UH. CAPS clinicians work from a brief therapy model and tailor treatment to meet specific goals. Fees for individual and couples counseling are offered at a significantly subsidized rate and vary depending on the services rendered.

Group Counseling

Group counseling is a popular and beneficial CAPS service. Individuals meet weekly with one or two clinicians and other group members to explore new ways of coping, behaving, and interacting with others. Understanding Self and Others is an interpersonal process group that focuses on a variety of common concerns. CAPS also offers Psychoeducational Groups (e.g. Emotional Skill Building) and Theme Groups (e.g. Rainbow Coogs, Navigating Social Waters) each semester. There are no fees for currently enrolled students to participate in group.

Crisis Intervention

If you are experiencing a crisis situation and need to speak with someone immediately, please contact CAPS at 713.743.5454 and you will be connected to the Consultant on Duty. If it is after business hours and you are in imminent crisis, please call 911 or CAPS at 713.743.5454 and you will be connected to the after-hours counselor.

Outreach Services

CAPS provides preventative and developmental programming to the UH community. Popular presentations include: weekly Food for Thought workshops, information about CAPS services, suicide prevention (QPR) training, Recognizing and Referring Students in Distress, and information on mental health topics. CAPS also provides consultation services to our campus partners. Each CAPS therapist maintains liaison relationships with several UH departments and residence halls to help address the specific needs of those areas. Consultation services typically involve evaluating situations and supporting students and campus partners in effectively managing difficult situations. Consultation is available to students, staff and faculty by contacting the CAPS Consultant on Duty or through the 'Let's Talk' program.