



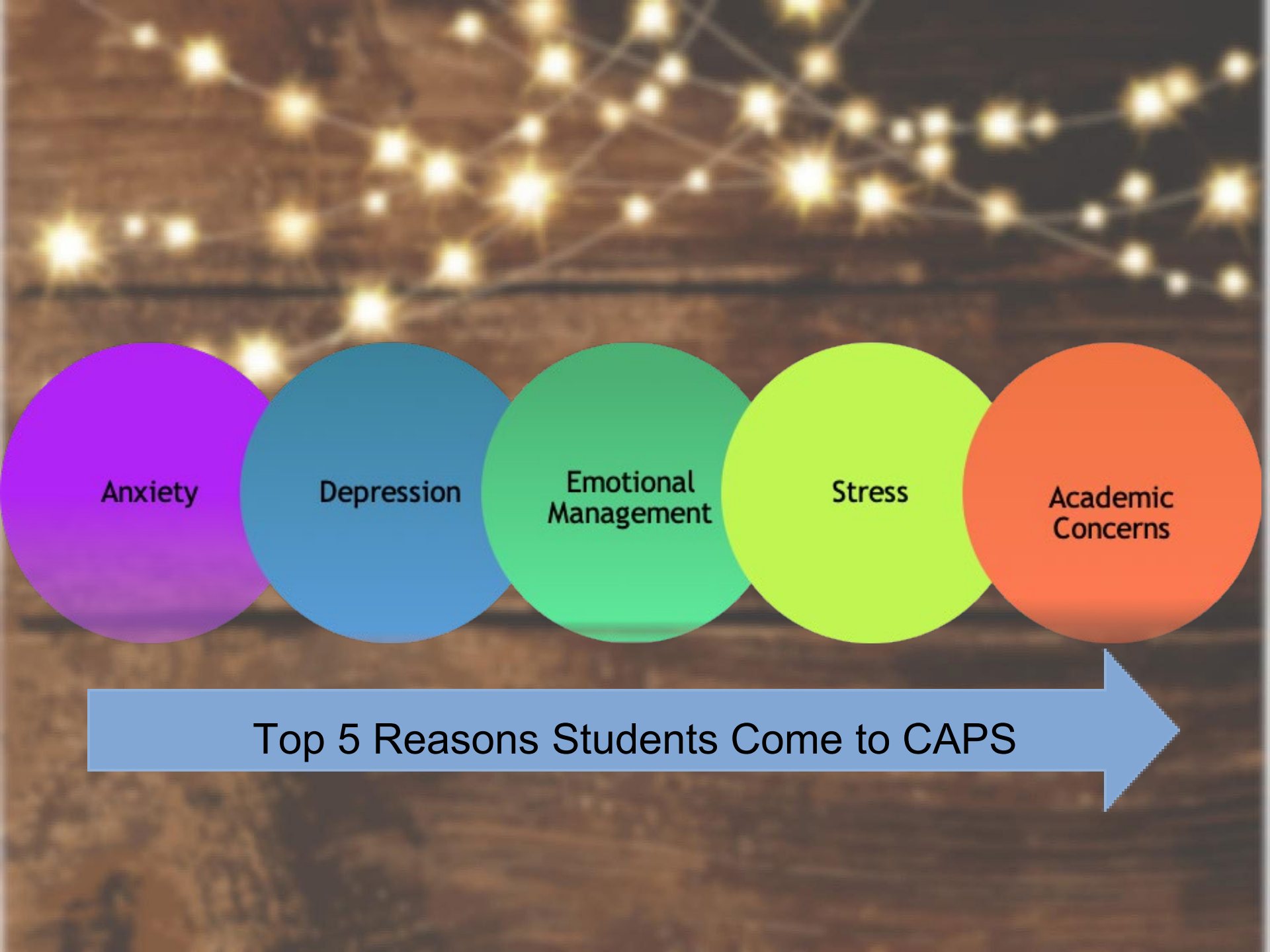
CAPS: Basics & Updates

M | **CAPS** STUDENT LIFE
COUNSELING AND
PSYCHOLOGICAL SERVICES

What Does CAPS Provide?

- Brief, solution-based therapy
 - Individual and couples
- Group therapy
- Crisis walk-in services
- After Hours Urgent Support
 - ✓ Call (734) 764-8312, Press 0 to speak to a licensed mental health professional
- Case management
- Assessments
- Online mental health screenings
- Education and Prevention Resources





Anxiety

Depression

Emotional
Management

Stress

Academic
Concerns

Top 5 Reasons Students Come to CAPS

Meet CAPS' Diverse Staff

CAPS staff include:

- ✓ Social Workers
- ✓ Psychologists
- ✓ Trainees

CAPS clinicians identify as “generalists” and are comfortable working with issues such as:

- ✓ anxiety
- ✓ depression
- ✓ eating concerns
- ✓ family and relationship distress
- ✓ drug and alcohol concerns
- ✓ academic concerns

Link:

<https://caps.umich.edu/article/meet-our-staff>



Resources for Faculty (for helping students)

- Faculty Toolkit: <https://caps.umich.edu/article/faculty-toolkit>
- Web page for Faculty on Common Scenarios: <https://caps.umich.edu/article/faculty-and-staff-guide-common-scenarios>
- Student Suggestions for Faculty: <https://caps.umich.edu/article/student-suggestions-how-faculty-can-support-mental>
- Making the Referral: <https://caps.umich.edu/article/making-referral-caps>
- Consultation: <https://caps.umich.edu/article/consultation-services>

Snapshots and Updates With a Nod to the Future

- Impact of COVID on student mental health
- Increasing access while increasing ongoing treatment capability
- Student Mental Health Innovative Approaches – committee report, current work, and future work

Contact Info

Location

4079 Michigan Union, 4th Floor
530 S. State Street

Hours

During Academic Year:

8am-6pm M-Th

8am-5pm F

During Spring/Summer:

8am-5pm M-F

Contact

734-764-8312

Email: caps-uofm@umich.edu

Website

caps.umich.edu



Kessel Photography ©



Thank you!