

## Concerns

As a graduate or professional student you are in a unique position. Intelligent, motivated, highly skilled, you have an established record of performing well and using your resources effectively. In the graduate and professional schools, you may encounter new and intense stressors. Some common issues of concern include: academic performance (anxiety about completing dissertation or orals), self-identity, self-esteem, and conflicts in intimate, social or professional relationships.



## CAPS Services

### Initial Consultation

CAPS provides staff to assess your concerns. Your initial session will help you clarify your needs and may provide referrals to appropriate resources. Urgent care services are available daily for students who have a need to see a professional staff member without an appointment. If possible, a call to CAPS prior to arrival will help us prepare to assist you.

### Eligibility for Service

Counseling services are available at no cost to registered students. Partners may also receive service through couples counseling.

### Individual and Group Counseling

CAPS provides short-term individual counseling to students who wish to explore personal, interpersonal, vocational or academic issues.

Group counseling is offered for issues such as: stress management, assertiveness, self-esteem, intimacy, eating disorders and growing up in a dysfunctional or alcoholic family. Some psychotherapy groups are designed for the specific needs of re-entry and graduate students.

For current information about group offerings contact CAPS web site: <http://caps.ucdavis.edu/>

### For 24-Hour Consultation

Call CAPS after hours and follow the prompts.

### Behavioral Health Clinic

These services are offered to students who need assistance in coping with stress-related somatic concerns.

### Workshops and Consultations

CAPS staff are available to offer a psychological perspective in the planning and implementation of educational programs (e.g., cross-cultural issues, writer's block, time management, procrastination, conflict management, stress reduction.)

### Confidentiality

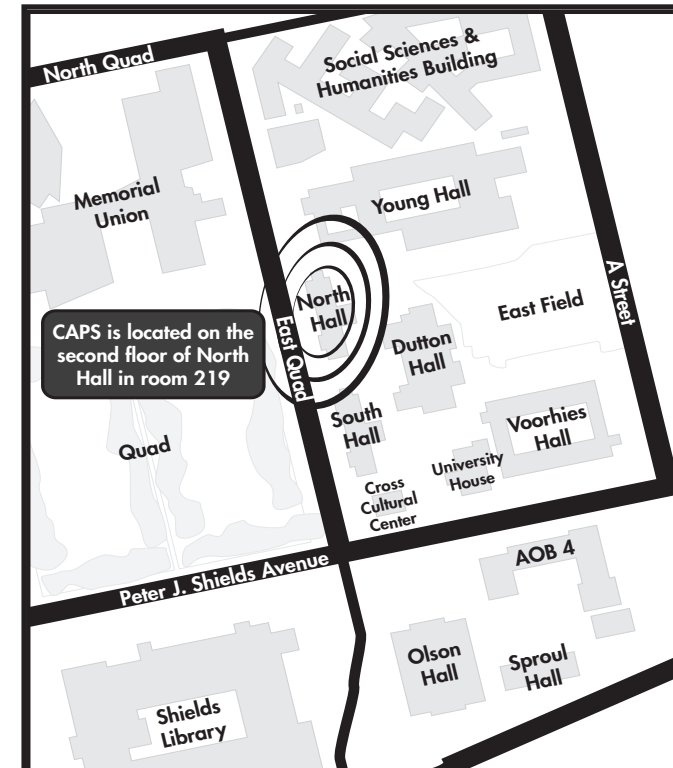
CAPS provides a supportive and confidential atmosphere. Confidentiality is strictly maintained in accordance with state laws and ethical standards. This applies equally to individual, groups, crisis or consultation services. During your first appointment, a staff psychologist will discuss issues related to confidentiality as well as limits of CAPS Services.

### Professional Staff

CAPS is a multiculturally and educationally diverse group of psychologists, psychiatrists, social workers, family counselors, doctoral interns and peer counselors. We are an experienced staff committed to assisting students and enriching the university community through providing a broad variety of educational programs, psychological consultation and other types of university service.

<http://caps.ucdavis.edu>

Information and resources are available on the CAPS website.



## PROVIDING YOU WITH...

- Urgent Care Assessment
- Crisis Intervention
- Individual Counseling
- Couples Counseling
- Group Counseling
- Psychiatry
- 24 Hour Consultation Behavioral Health Clinic
- Stress & Wellness Clinic
- Eating Disorder Management Team
- Applied Sports Psychology Program
- Referrals
- Workshops
- Consultations
- Peer Counseling
- Online Resources, caps.ucdavis.edu

## TO HELP YOU WITH...

- Personal Development
- Depression
- Anxiety
- Stress Management
- Academic Problems
- Performance Anxiety
- Athletic Concerns
- Identity Concerns
- Loneliness
- Relationship Concerns
- Career Concerns
- Family Problems
- Sexual Assault
- Problems with Intimacy
- Eating Disorders
- Concerns with Alcohol/Drug Use
- Conflict Resolution

## ADDITIONAL RESOURCES

**Cowell Student Health Center**  
530-752-2300

**Campus Violence Prevention Program**  
530-752-3299

**Suicide Prevention**  
530-756-5000

**Sexual Assault/Domestic Violence  
Center Crisis Line**  
530-662-1133

**Alcohol & Drug Abuse Prevention  
and Treatment (ADAPT)**  
530-752-6334

**County Mental Health: Mobile Crisis**  
(Nights/ Weekends)  
530-666-8515

### CAPS HOURS

Monday through Friday, 8:00 am - 4:45 pm.

### FOR AN APPOINTMENT

Call CAPS at 530-752-0871  
during regular office hours.

### FOR 24-HOUR CONSULTATION

Call CAPS after hours  
and follow the prompts.

UC DAVIS COUNSELING AND PSYCHOLOGICAL SERVICES  
**Celebrating 50 Years of Service**  
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# Counseling Services For Students In Graduate And Professional Schools

University of California, Davis