

Counseling and Psychological Services (CAPS)



CAPS Mission & Vision

Mission Statement:

CAPS promotes the well-being of the diverse campus community by balancing high quality mental health services and clinical training with accessibility to foster student success through self-discovery, learning and interpersonal engagement.

Vision:

CAPS embraces the belief that students' mental health is a vital component of their academic, professional, and personal success. CAPS will expand awareness of and access to mental health services in order to positively impact the emotional well-being of the campus community, enhance help-seeking behaviors, and effectively assist students to become engaged global citizens.

CAPS Services: A Stepped-Care Approach

CAPS does not believe in a one-size-fits-all model of mental health. Different people need different things at different times. That's why we offer a dynamic array of services to meet your needs where you are.

CAPS Services include:

- Brief individual and couples therapy
- Single Session Therapy
- Group therapy
- Essential Skills Workshops
- Crisis intervention
- Let's Talk
- QPR Suicide Prevention Training
- Campus Outreach



FALL
2021



Let's Talk

Mental Health Consultation

uh.edu/caps/outreach/lets-talk | 713-743-5454

Mondays

Athletics Alumni / ACE bldg

Room 2106E

12:30 - 2:30pm

Zoom 91244361097

3 - 4pm

Tuesdays

Campus Rec & Wellness Center

Wellness Office

3 - 5pm

Zoom 91244361097

3 - 4pm

Wednesdays

Student Center

Museum District Room 211

9 - 11am

Thursdays

Student Service Center 1

Room 210D

10am - 12pm

Fridays

MD Anderson Library
Room 264D, Brown Wing

11am - 1pm

MASKS
STRONGLY
ENCOURAGED

Suicide Prevention Training

QUESTION, PERSUADE, REFER

Mondays and Thursdays

12 - 1 pm.

Learn to recognize and respond to signs of suicidal thinking and behaviors and help CAPS create a community of care.

Registration Required:

UH.EDU/CAPS/CALENDAR



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Accessing CAPS

To learn more about services, call* us for a triage appointment. Triage appointments are brief assessment visits intended to help you get connected to the right type of support.

Triage appointments are free and offered Monday through Friday from 10:00 am to 4:00 pm.

To reach us for mental health crisis, call (713) 743 – 5454, 24/7 or visit CAPS during business hours.

Triages will be held at H2 building
Health 2, Room 2005,
4849 Calhoun Rd.



CAPS Contact Information



Phone number:

(713) 743 – 5454



Location:

UH Main: Health 2, Room 2005, 4849 Calhoun Rd.

UH Main: Student Service Center 1, Suite 226

UH at Sugar Land: George Building, Suite 119



Website: www.uh.edu/caps



Social media:

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STUDENT AFFAIRS & ENROLLMENT SERVICES

Counseling and Psychological Services