

CAPS cares about you!



# CAPS

## COUNSELING & PSYCHOLOGICAL SERVICES

### TELEBEHAVIORAL HEALTH SERVICES

Service Options

#### CONSULTATION

Whether you are new to CAPS or have previously sought CAPS' services, speak with a counselor to receive guidance about your concerns. In this session, you will learn more about telebehavioral health options that may be the best fit for you.

#### INDIVIDUAL BRIEF COUNSELING

Please schedule a consultation appointment to see if telebehavioral health sessions are a good fit for you. Sessions (45 min) help the counselor get to know you and your concerns as well as determine next steps.

#### CASE MANAGEMENT SERVICES

Case management appointments provide students with support in connecting with local resources or longer term therapy.

#### ALCOHOL AND OTHER DRUG (AOD) COUNSELING

Receive support for substance-related issues in a non-judgmental and confidential space.

#### CRISIS COUNSELING

If you are feeling intense emotional distress (such as family issues, death of a loved one, relationship breakup) **that is not** life threatening, please call CAPS and tell us you would like crisis counseling.

IF YOU ARE EXPERIENCING A LIFE THREATENING CRISIS OR MENTAL HEALTH EMERGENCY, PLEASE CALL THE NATIONAL SUICIDE PREVENTION HOTLINE (800-273-8255), DIAL 911, OR GO TO YOUR NEAREST EMERGENCY ROOM FOR IMMEDIATE HELP.

### WHAT IS TELEBEHAVIORAL HEALTH?

*During the shelter in place, CAPS continues to support students remotely by offering our services through audio and video technology. Services are available to enrolled students who are currently residing in California.* 🏠

### VIRTUAL WORKSHOPS

Led by CAPS Counselor Faculty

For current schedule & to sign up, go to [caps.sfsu.edu](https://caps.sfsu.edu)

#### MENTAL HEALTH 101 & SELF CARE

Learn about anxiety and depression and explore new ways of increasing positive self-care strategies.

#### MINDFULNESS BASED ANXIETY MANAGEMENT

Experience mindfulness practices through education and live instruction.

### THE SAFE PLACE

#### SAFE PLACE CRISIS APPOINTMENT

A same day tele-advocacy appointment for anyone who has experienced a recent incident of sexual violence (sexual assault in the past 4 days or an incident of dating/domestic violence in the past 7 days) and is in need of counseling options regarding critical medical care, evidence preservation and support.

#### SAFE PLACE INTAKE

A scheduled tele-advocacy intake appointment is offered to all survivors of sexual violence (regardless of when it takes place) for access to advocacy, counseling options and short term support.

CALL TO CONSULT OR  
SCHEDULE AN APPOINTMENT

415-338-2208

[CAPS.SFSU.EDU](https://caps.sfsu.edu)

CAPS ADJUSTED OPERATING HOURS  
MONDAY-FRIDAY 9AM-4PM  
CLOSED 12-1PM