

For a list of our most current workshops and trainings, please visit our website:

www.humboldt.edu/counseling

Humboldt County Department of Health and Human Resources also offers several excellent trainings, particularly around suicide prevention, including QPR, ASSIST, and MHFA.

If interested, go to:
www.humboldt.gov.org/2074/Suicide-Prevention-Training



Available Workshops & Training Topics
Include:

Stress Management

Self-Care

Sleep Hygiene

Relationship Skills

Mindfulness Meditation

Effective Communication

Exploring Body Image

Managing Seasonal Affective Disorder

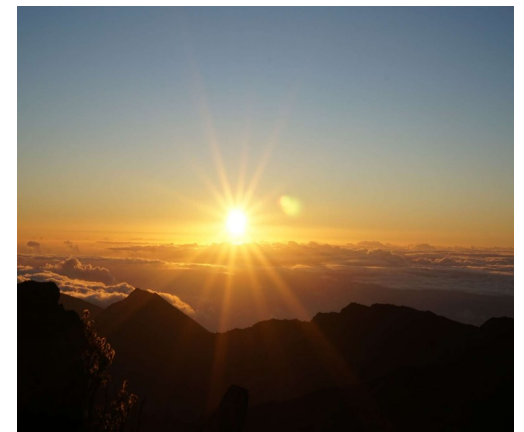
Academic Concerns

and more...

If there is a special topic you'd like presented, feel free to request it!



CAPS Workshops & Trainings by Request



Would you like a CAPS therapist to give a mental health related workshop or training to your class, club, or organization on campus?

Noticing a mental health theme coming up with your students?

Need a sub for your class?

Contact CAPS Outreach Coordinator,
Elizabeth McCallion
eam162@humboldt.edu with your request and provide at least 3 weeks notice .

Eligibility for CAPS Services

To participate in services you must show proof of current HSU enrollment or enrollment in the EILI program. Bring your student ID card to your appointment.

Students can participate in couples counseling with their non-student partner or spouse for \$30 per session. Unfortunately, we are unable to provide services to students in the following programs: Extension, Continuing Education, Vets Upward Bound, Over "60" Program, or College of the Redwoods .

CAPS Services include:

intake; individual, couples, and group therapy; drop-in support groups; crisis services; consultation and referral; outreach and workshops; informal "Let's Talk" sessions

EMERGENCY SERVICES

Emergency counseling is available during our open hours. If you are **HAVING AN EMERGENCY** at the time you come in to CAPS, you should ask to meet with the on-call therapist rather than scheduling an appointment.

Types of concerns addressed by our emergency services:

A. You have a current plan to attempt suicide or to inflict serious bodily harm on someone else.

B. In the past **month**:

1. You attempted suicide or made threats to do so.
2. You inflicted serious bodily harm on someone else or seriously considered doing so.
3. You experienced a physical and/or sexual assault.
4. You have been hearing or seeing things that do not exist.
5. You have experienced uncontrollable despair that is significantly interfering with your ability to function (e.g., eat, sleep, leave your place of residence).

There are times when a student may have an emergency or otherwise may feel that s/he cannot wait for services. For these students, we have EMERGENCY counseling services.

Intake (Assessment)

Most of the counseling that we do is by appointment. If you are interested in participating in on-going counseling or this is your first time coming to CAPS, this academic year, you will start with an intake appointment. This session helps the therapist get to know you and your concerns. At the end of the session, the two of you will determine the best course of action, including the possibility of counseling at CAPS or elsewhere.

Scheduled Counseling

Scheduled counseling (individual and couples) is designed to be helpful:

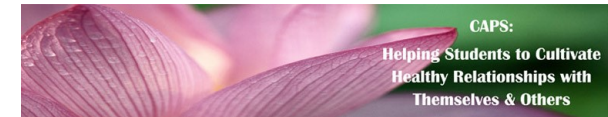
- 1) For those who have issues that require more than one or two sessions to address such issues as anxiety, depression, relationship problems, past traumas, and substance abuse.
- 2) For those who have already participated in an intake appointment at CAPS and who are in the need of on-going therapy.

Because of the high demand for counseling, there is sometimes a wait of 1-3 weeks to get started with regular appointments. Ongoing therapy at CAPS is always brief in nature, with the exception of some of our therapy groups. CAPS will refer you to other resources if longer or more specialized therapy is needed.

Note: If you already have an assigned CAPS therapist, you should use the same-day counseling system for acute crises only. **Same-day sessions are not designed to provide on-going counseling. Therapy is most effective under the care of a single therapist who has developed a cohesive therapy plan specifically for you.**

Groups/Workshops

Group therapy is a very effective approach to addressing many concerns. Therefore we offer a number of therapy and support groups at our center and will let you know when a group seems to be the best match for your needs. Evaluations of our groups are consistently positive and, even when someone was hesitant to join a group at first, s/he is almost always glad that s/he did by the semester's end.



◆ **Additional Resources**

For After Hours Crisis Help:

CAPS Crisis Phone Consultation

707-826-3236

Humboldt County Mental Health

707-445-7715

the police at 911

◆ **For Regular Off-Campus Therapy**
consult NCAMHP.org