

WALK-IN WEDNESDAYS AT CAPS

Tired of waiting for a CAPS appointment?

*Come see us on Wednesdays, no appointment
needed, first come— first served!*



WHEN
Wednesdays
10am-4pm

WHERE
**Counseling & Psychological
Services (CAPS),**
2nd floor of the Student Health & Counseling (SHC) building

COUNSELING.HUMBOLDT.EDU/

DROP-IN (NON- EMERGENCY) COUNSELING

We recommend coming in the morning to ensure you are seen on the same day.

SINGLE SESSION THERAPY (SST)

This is a single session of therapy focused on a specific goal.

You also have the option to schedule a SST by appointment, if preferred.

WANT MORE?

If you decide you want to be assessed for ongoing therapy services, you can make an intake appointment at the front desk after your session.

Many people, though, find that a single session is all that is needed.

**FOR MORE INFO
CALL: 707- 826-
3236**