LET'S TALK
We are living in unprecedented times.

We are being simultaneously confronted with:

A global pandemic

Social unrest driven by systemic racial injustice

Catastrophic wildfires

Widespread uncertainty about the upcoming election

The challenges of online learning

It is only natural and human to feel overwhelmed.

CAPS WANTS TO HELP.
NOT BECAUSE YOU ARE SICK.
BECAUSE YOU ARE HUMAN.

Call 707-826-3236 or email hsu caps@humboldt.edu to talk to a therapist. We’re here for you. Just ask for a Let's Talk Session.