



Counseling &
Psychological Services
DIVISION OF STUDENT AFFAIRS

HELPING STUDENTS IN NEED

2019 Graduate Advisors Workshop



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Coming Fall 2019..



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Counseling & Psychological Services

- ▶ CAPS provides goal-oriented counseling to address the mental health and developmental issues of Texas A&M students. Services are available in workshop, group, couples and individual formats as well as limited psychiatric care and crisis intervention. The CAPS team engages in assessment and intervention as well as outreach from a culturally informed, social justice perspective. We emphasis mental wellness as an essential part of student success.





TRENDS

*The most common reasons
Graduate students come to
counseling:*

- Anxiety and stress management
- Depression
 - Decreased motivation, loss of interest, withdraw
- Career Concerns
- Burnout
- Relationship Conflict

because
YOUR mental
health
MATTERS
to us 



Grad School:



JORGE CHAM © 2013



WHAT IS MENTAL HEALTH?

Mental Health:

Your general state of well-being & state of mind. Something that should be looked after

Mental Illness:

Something that disrupts your mental state and interrupts how you feel, think, communicate and behave



WELLNESS & BALANCE



**National
Wellness
Institute**



CAPS RESOURCES



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WHO WE ARE





HOW DO WE HELP?

- Funded by student fees
- Confidential
- **Prevention and Education**
 - Suicide Prevention Training
 - Educational outreach/programming
- **Evaluation is the first step**
 - **Triage Appointments**
- **Short-term Counseling**
 - Workshops
 - Group counseling
 - Individual counseling
 - Couples counseling
 - AOD Assessment
 - ADHD/Learning Disability Screening
 - Psychiatric services in conjunction with counseling
- Available for **Consultation**





WORKSHOPS



50 minute workshops:

- *Understanding Worthiness*
- *Career Assessment & Exploration*
 - ▶ Strong Interest
 - ▶ Myers-Briggs Type

Workshop series: Series repeat each 2 or 3 weeks

- *Anxiety Toolbox*
 - 3 - weekly sessions on managing anxiety
- *Get Unstuck*
 - 3 - weekly sessions addressing Depression
- ▶ *Accepting Emotions*
 - 2 - weekly sessions on understanding and embracing emotions
- ▶ *Test Anxiety/preparation*
 - 2 - weekly sessions on test anxiety



Group Counseling

- ▶ Embracing Your Self-Worth
- ▶ Understanding Self and Others
- ▶ Managing Anxiety
- ▶ International Students
- ▶ Women of Color
- ▶ LGBTQ+
- ▶ Thesis/Dissertation Support



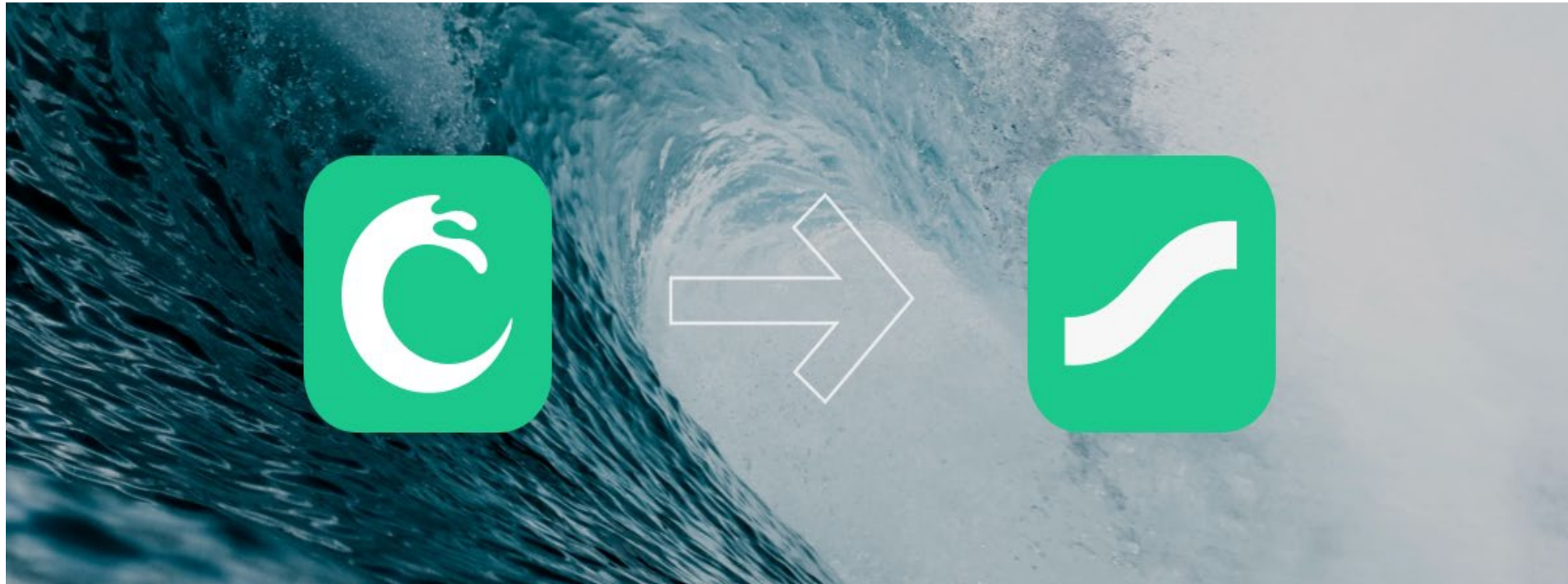
* Groups may change each semester



SCS SUPPORT SERVICES

- ▶ QPR Gatekeeper Training
- ▶ Community referral assistance
- ▶ Sexual assault resources
- ▶ Outreach presentations
- ▶ Consultation



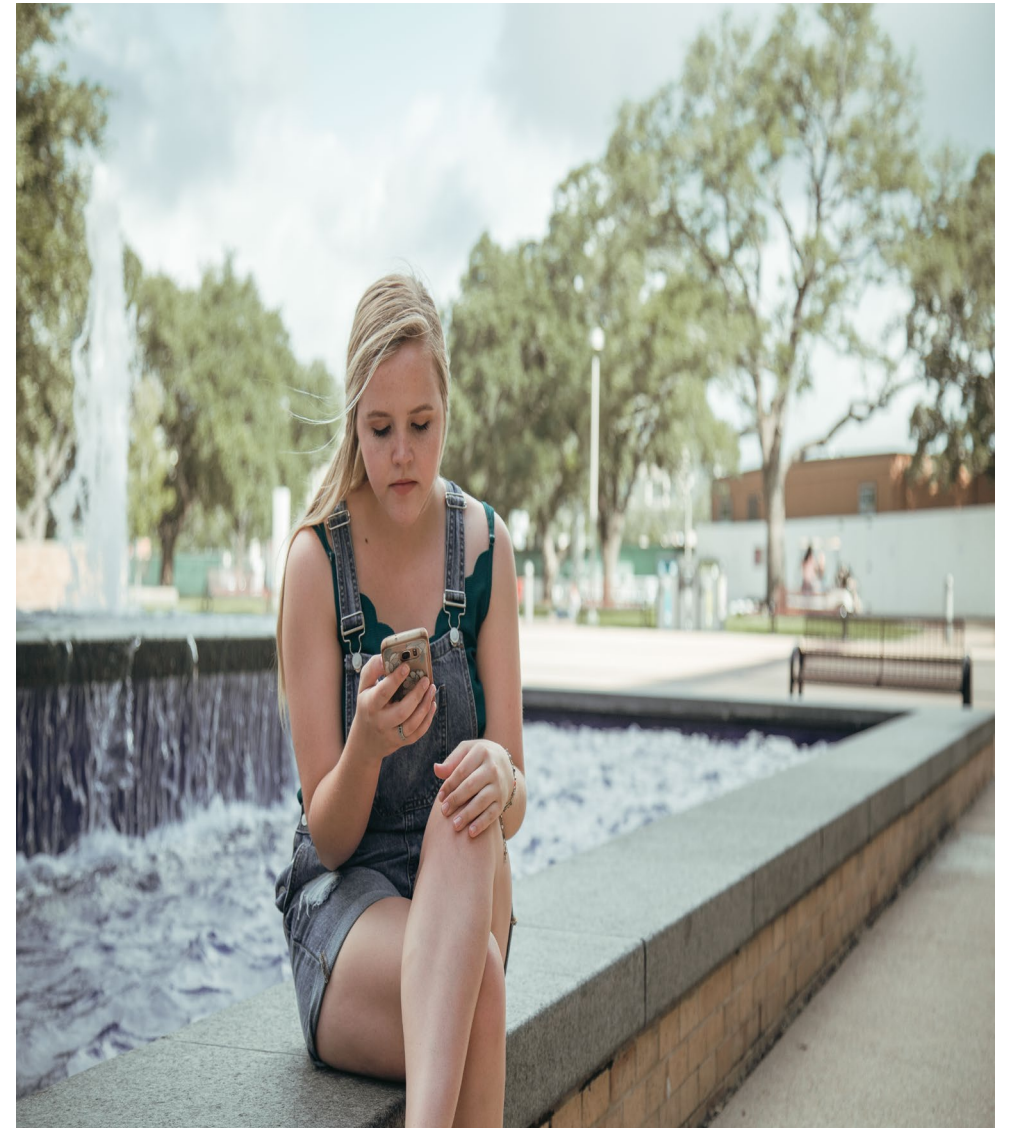


Say HELLO to SANVELO



SANVELLO

- ▶ Sanvello, formerly Pacifica, is a mobile app designed to help students improve their mental wellbeing and build healthy habits.
- ▶ Sanvello provides tools for people to develop meditation and mindfulness practices, build emotional awareness, and cultivate skills to manage day-to-day stress, depression, and anxiety. It is tailored to reflect the emergency resources available at Texas A&M University and in the Bryan-College Station area, including SCS, Helpline, UPD and local hospitals.
- ▶ Students, faculty & staff are able to access a Premium subscription for free with TAMU email address.
- ▶ 135 average weekly signups, 7,000 total signups and 4,090 weekly sessions.
- ▶ <https://www.sanvello.com/>





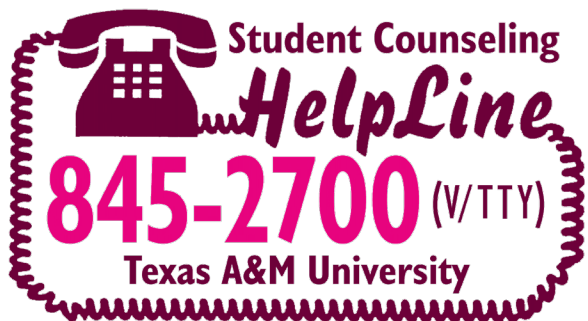
HELPLINE

979-845-2700

HelpLine is open after-hours, 4:30 PM-8 AM during the week and 24 hours on the weekends. It is a telephone hotline staffed by Aggies to provide:

- Information
- Support
- Crisis Intervention
- Referral

The number is conveniently listed on the back of your Texas A&M Student ID.





CRISIS INTERVENTION

- Walk-in crisis counseling is available to students
Monday- Friday 8 AM – 5 PM
- Possible examples of a crisis, but not limited to:
 - Suicidal thoughts
 - Homicidal thoughts
 - Sexual assault
 - Recent traumatic event
 - Death of a loved one





CONTACT US



757 West Campus Blvd.
College Station, TX 77843



979-845-4427



caps.tamu.edu

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