COVID-19 Information (Click Here). The information in this guide may become outdated due to the ever-changing nature of the COVID-19 situation. Please visit our COVID-19 Information Page (https://counseling.oregonstate.edu/covid-19-information) to learn about how to access current services.

HOW CAN CAPS HELP ME?

Asking for help is courageous; it demonstrates strength and self-awareness. If you’re encountering a challenge or difficulty, CAPS can assist with connecting to resources or working with you to find strategies or solutions for your concern. CAPS is also a confidential place to turn to for advice if you are worried about a friend.

CAPS provides group therapy, drop-in workshops, mental health promotion programs, and short-term individual or couples counseling. Through these services, we can support students encountering a variety of issues such as immediate crisis, interpersonal violence, or difficulty with focus and motivation, as well providing education and advocacy for mental wellbeing in our community.

WHAT CAN I EXPECT WHEN I VISIT CAPS?

You will be welcomed from the moment you first contact CAPS. You may be a little apprehensive about interacting with a counseling office, but you’ll find it actually a warm and safe place to discuss what might be worrying you personally, academically, or socially.

IS THE SERVICE CONFIDENTIAL?

Yes. We uphold each client’s right to privacy, and we follow the same laws and ethics as any other counseling agency in the state of Oregon regarding confidentiality and privacy.

This means that CAPS cannot disclose to anyone (1) that you are using our services, and (2) anything that you say in a counseling appointment, and (3) any test results without your written consent. In addition, no information about your visit(s) to CAPS will appear on your academic record.

For limits to confidentiality, please visit our website: counseling.oregonstate.edu/our-services

GROUP THERAPY & DROP-IN WORKSHOPS

CAPS offers several groups and workshops addressing a variety of topics, led by mental health professionals in a confidential setting. If you are experiencing emotional concerns, life struggles, or relationships challenges, connecting with others who share similar experiences can help. Groups offer benefits that individual therapy may not, such as peer connection, exposure to diverse coping strategies, and helping you feel less alone. Visit our group therapy page HERE to learn more about our current group offerings.

HOW MUCH DOES IT COST?

Every regularly enrolled OSU student who has paid the student health and counseling fee is eligible to receive services at no additional charge.

If you are thinking about suicide, call the CAPS 24/7 Crisis Line at 541-737-2131 or the National Suicide Prevention Lifeline 1-800-273-TALK (8255) or send a message to Crisis Text Line at 7147-7141 or call 911 now!

COUNSELING ACCOMMODATIONS

- Language Service Associates: Assists with providing counseling services in many first languages.
- Capacity to provide counseling to hearing impaired individuals by utilizing captioning during tele-therapy sessions.
- Capacity to provide counseling via telecommunication services within the state of Oregon.

WHO CAN USE THE SERVICES AND WHAT ARE THE LIMITS?

If you are a regularly enrolled OSU student and have paid the student health and counseling fee you are eligible for services. We offer brief individual, group and relational counseling. We refer students with goals that require long-term treatment or more specialized care to community health providers.

DOES CAPS PROVIDE CONSULTATION?

We offer private consultation about any personal issue. If you wonder whether you should come talk with a counselor, or if you are worried about a friend or another OSU student, please complete this consultation request form. An on-call counselor will email you to set up a time to discuss your issue(s) and help you decide on what next steps make the most sense given your situation.

TO ACCESS COUNSELING SERVICES:

Free consultations are available 9:00am to 4:00pm Monday-Friday for all students who have paid their health fee. Simply complete this consultation request form: https://counseling.oregonstate.edu/webform/request-cons-consultation. A counselor will email you with your appointment day, time, link, and any needed forms. At the end of your consultation you will have a goal-driven plan for your next steps.

CRISIS? Don’t know where to turn? CAPS can help 24/7! CAPS offers after-hours crisis telephone consultation services for students & for faculty and staff supporting a student in crisis: 541-737-2131, option 1.

TO LEARN MORE ABOUT OUR SERVICES:

Visit our website to learn more about our services: HERE

Contact us!

Counseling & Psychological Services
CAPS

500 SNELL HALL
PHONE: 541-737-2131
counseling.oregonstate.edu
EMAIL: caps@oregonstate.edu

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The Interpersonal Violence Services (IVS) program at CAPS offers free, confidential, trauma services to OSU student survivors of sexual and interpersonal violence, and is available for consultation to the OSU community at large. The IVS program strives to provide survivors with unconditional support in their recovery choices, to honor each survivor's unique experience, to hold space for each survivor to process and heal from trauma, and to connect survivors to supportive resources on campus and in the community. OSU Student survivors of interpersonal violence are able to access individual counseling at CAPS without being placed on the waiting list for services. Additionally, experienced IVS team members at CAPS are available to consult with family, friends, and staff about how to best support a survivor.

For more information visit: counseling.oregonstate.edu/ivs

CAPS facilitates interactive workshops and presentations to classes, student organizations, living groups, or clubs. Our presentations and workshops are interactive and address specific mental health topics that include stress management, mindfulness/biofeedback, suicide prevention and risk reduction, and an overview of CAPS services (The HAPS @CAPS). Check out our website at: counseling.oregonstate.edu/webform/request-caps-workshop to request a program.

Did you know that regular mindfulness meditation can reduce stress, improve cognitive function, increase happiness, improve your immune system, and more? Let CAPS help you begin or maintain your meditation practice with free, drop-in group meditation sessions! These are open to the entire OSU community and all skill levels are welcome.

Visit our mindfulness and meditation page to learn more!

We are here to help! If you or a friend are thinking about suicide, please talk to someone right away.
- CAPS 24/7 Crisis Hotline: (541) 731-2131
- Crisis Text Line: Text Oregon to 741-741
- National Suicide Prevention Lifeline: 1-800-273-8255
- If you or a friend are at imminent risk, call 911

If you are interested in learning how to help and interact someone who may be in distress, then Kognito may be a perfect resource. This self-guided simulation is offered to Oregon State students, staff, and faculty to help gain skills around mental health and suicide prevention.

To access Kognito for students, click HERE.
To access Kognito for Faculty and Staff, click HERE.

We can all benefit from building skills to garner resiliency. The Resilience Toolbox is a safe place that brings together resources that have been approved by mental health professionals. If you are interested in self-guided information to help you start or enhance your self-care, choose a mental health app, or information about support for BIPOC, then the resilience toolbox is a perfect place to start.

Follow us!
CAPS provides OSU students with mental health education & advocacy as well as updates about special programs and events though our social media platforms. Follow us and stay connected to CAPS.

Subscribe to the CAPS newsletter, Mindful@OSU, and receive a weekly care package of mindfulness and mental health tips, resources, and events! Click HERE to subscribe!

If you or a friend are at imminent risk, call 911 now!

C A P S  M e n t a l  H e a l t h  P r o m o t i o n

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