

Counseling & Psychological Services

Website Scavenger Hunt



counseling.oregonstate.edu

Name: _____

Where is CAPS located and when are they open?	
Name two places where students can go or call if they are in crisis.	
Name two different counseling services CAPS offers.	
What is Anytime Anywhere and what is one service it offers?	
What is the first step to starting short-term therapy at CAPS?	
If you were using the Mind Spa, which feature would you most like to try?	
Name two support or therapy groups CAPS offers.	
How can you get help if you're concerned about a friend?	
Name two resources in the Resilience Toolbox.	
What kinds of volunteer opportunities does CAPS offer?	

