

CAPS Website Scavenger Hunt

<https://counseling.oregonstate.edu>

Name:

Where is CAPS located and when are they open?

Name three different types of counseling services CAPS offers.

Where are two places students in crisis can call or go?

What is the first step to starting individual or relationship counseling?

How can you get help if you are concerned about a friend?

Name two therapy/support groups CAPS offers this term.

Name two activities students can do in the Mind Spa.

Name two resources in the Student Resilience Toolbox.

What is one benefit of using Togetherall?