

## WHO WE ARE AND WHO WE SERVE

We are a culturally diverse professional staff of licensed psychologists, psychiatrists, and post-doctoral fellows.

Services are available to all undergraduate, graduate, and professional students.

Our services are **free** and **confidential**.

## WHAT WE DO:

Our mission is to promote the personal, social, and emotional growth of students. We provide services and programs that enhance the college experience, promote academic success, and help students develop effective coping skills.

Our services include:

- Individual, couples, & family counseling
- Groups, workshops, and forums
- Consultations and outreach
- Psychiatry
- Peer education



UC SAN DIEGO

THE STUDENT HEALTH AND WELL-BEING CLUSTER IS HERE TO SUPPORT STUDENTS IN ACHIEVING THEIR OPTIMAL WELL-BEING.



STUDENT HEALTH SERVICES (SHS)

studenthealth.ucsd.edu  
858.534.3300



SEXUAL ASSAULT & VIOLENCE PREVENTION RESOURCE CENTER (SARC)

sarc.ucsd.edu  
858.534.5793



RECREATION

recreation.ucsd.edu  
858.534.4037

the zone

zone.ucsd.edu  
858.534.5553



# UC SAN DIEGO CAPS

COUNSELING AND PSYCHOLOGICAL SERVICES



caps.ucsd.edu  
(858) 534-3755

Central Office: 190 Galbraith Hall  
9500 Gilman Drive, MC0304  
La Jolla, CA 92093-0304



## TO MAKE AN APPOINTMENT:

Call: (858) 534 - 3755

Or walk in to our central office

Mon-Fri / 8AM-4:30PM

Same-day services are available to students who need **urgent assistance** in our central office

**After hours** telephone counseling is available by calling and selecting **Option 2**.

### IN AN EMERGENCY:

If you or anyone else is in danger **call 911** or the **UCSD Campus Police** at (858) 534-4357.



## OUR LOCATIONS:

Central Office: 190 Galbraith Hall,  
Revelle College

Marshall: Administration Bldg,

Muir: Academic Advising  
Office, Hss 2126

Revelle: Revelle College  
Admin Bldg

Roosevelt: Admin Building,  
Room 310

Warren: CSE Building

Sixth: Pepper Canyon 217

Women's Center: West Bldg 290,  
Old Student Center

Library Walk: Student Health Services

# IMPROVE YOUR MENTAL WELL-BEING WHY IS IT IMPORTANT?



Mental health is **not just the absence of mental illness**. It is defined as a state of well-being in which every individual realizes his or her own **potential**, can cope with the normal stresses of life, can work productively and **flourish**, and is able to make a **contribution** to her or his community.



## HOW CAN CAPS HELP YOU?

Stress, sleep problems, anxiety, depression and relationship difficulties are among the top 10 impediments to academic success.

**CAPS services are designed to help you with these and other life problems:**

- Adjusting to college
- Roommate conflicts
- Homesickness
- Alcohol/substance abuse
- Relationship skills
- Optimizing performance
- Eating and body image
- Overcoming depression
- Anxiety management
- Identity development
- Family conflict
- Grief and loss

LEARN MORE  
AND VISIT OUR  
WEBSITE

[caps.ucsd.edu](https://caps.ucsd.edu)

Visit us online for additional resources to help you improve your mental health.