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



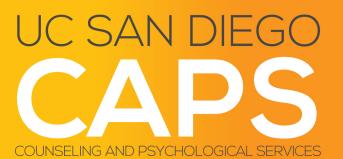
RECREATION

recreation.ucsd.edu 858.534.4037











caps.ucsd.edu (858) 534-3755

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

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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



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 West Bldg 290, Center: 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



caps.ucsd.edu

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