

CRISIS SITUATIONS

Crisis intervention is available during office hours (8 a.m. – 5 p.m., Monday–Friday). For on-campus emergencies outside of office hours, please contact University Police at (562) 985-4101. If using a cell phone on campus to report an emergency, call University Police at 9-1-1.

APPOINTMENTS

To schedule an appointment, come to our office in Brotman Hall, room 226, or call (562) 985-4001. For your first appointment with us, plan to arrive 15 minutes before your scheduled appointment time to complete necessary paperwork. Counseling appointments begin on the hour and last 50 minutes. You can help us provide the best possible service by arriving on time and by canceling or rescheduling as early as possible when an appointment must be missed.

CONTACT CAPS

Office Hours:

Monday–Friday, 8 a.m. – 5 p.m.

Location:

Brotman Hall, Room 226

Phone: (562) 985-4001

Fax: (562) 985-8817

Web site: www.csulb.edu/caps

Mailing Address:

Counseling and Psychological Services
Division of Student Services
California State University, Long Beach
1250 Bellflower Boulevard, BH-226
Long Beach, CA 90840-0111

March 2009

STUDENT RESOURCES AT THE BEACH

CSULB's CAPS Online Mental Health Screening Program

[www.mentalhealthscreening.org/screening/login.asp?](http://www.mentalhealthscreening.org/screening/login.asp?keyword=BEACH)
keyword=BEACH

Academic Advising Center

562.985.4837
www.csulb.edu/divisions/aa/grad_undergrad/aac/

Career Development Center

562.985.4151
www.careers.csulb.edu

Disabled Student Services

562.985.5401
www.csulb.edu/divisions/students/dss/

Judicial Affairs

562.985.5270
www.csulb.edu/divisions/students/judicial_affairs/

Office of Equity & Diversity

562.985.8256
www.csulb.edu/depts/oed

OMBUDS

562.985.5983
www.csulb.edu/president/ombuds/

Student Health Services

562.985.4771
www.csulb.edu/divisions/students/shs

Testing & Evaluations Services

562.985.4007
www.csulb.edu/divisions/students2/testing/

University Police

562.985.4101 or 911
<http://daf.csulb.edu/offices/ppfm/police/>

Women's Resource Center

562.985.8576
www.csulb.edu/divisions/students/wrc/

Veteran Services

562.985.5115
www.careers.csulb.edu/veterans

Community Resources

National Suicide Prevention Lifeline

800.273.8255
www.suicidepreventionlifeline.org

National Crisis Hotline

800.784.2433

Community Hospital of Long Beach

562.498.1000
www.chlb.org

CALIFORNIA STATE UNIVERSITY, LONG BEACH

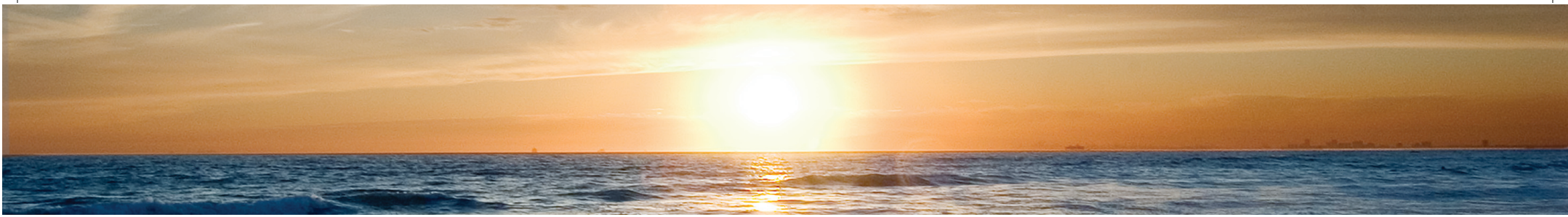
CAPS

COUNSELING
AND
PSYCHOLOGICAL
SERVICES



CAPS CONTACT INFORMATION
BROTMAN HALL, ROOM 226
PHONE: (562) 985-4001
www.csulb.edu/caps





WHAT IS CAPS?

Counseling and Psychological Services (CAPS) helps students meet the personal challenges associated with identifying and accomplishing academic, career, and life goals. Our services include short-term counseling for individuals, group counseling, referral services, psychoeducational presentations and crisis intervention.

Counseling is available at no additional cost to degree seeking students who are currently enrolled at CSULB.

Services are provided by mental health professionals and by advanced doctoral psychology interns under the supervision of licensed psychologists. CAPS welcomes students representing all forms of diversity.

WHEN TO ASK FOR HELP

Sometimes personal problems require more assistance than can be found within your own circle of support. CAPS offers counseling for students who are struggling with issues such as family and social relationships, romantic relationships, life transitions, sexuality, grief, stress, sexual assault, anxiety, loss of motivation or depression. If you have any of these concerns, please come in or call for an intake appointment.

For a more detailed description of our services and for links to other mental health resources, visit our website at www.csulb.edu/caps.

COUNSELING SERVICES

During your first visit to CAPS, an intake counselor will listen to your concerns, explore options with you and help you identify an appropriate course of action to meet your needs. Your counselor may recommend individual counseling, group counseling or may make a referral to an outside service provider.

Individual and Group Counseling

CAPS offers short-term counseling for students whose concerns require individual attention. Group counseling is provided to address interpersonal and developmental concerns. Your counselor will assist in identifying and understanding the issue and will strive to help you make positive changes.

Group Counseling

Counseling groups provide a safe environment for you to learn more about yourself and your interactions with others. Each semester CAPS offers a variety of counseling groups. Typically, potential group members will have a brief informational meeting with the group facilitator to ensure that the group is a good fit. Groups that CAPS has offered include:

- » Women's Therapy Group
- » Understanding Myself, Understanding Others
- » LGBTIQ Support Group

In addition, CAPS psychologists lead several affinity groups on campus. These groups are open for all students to attend. Ongoing affinity groups include:

- » SisterFriends
- » Latinas Unidas
- » New Attitudes About Food
- » International Students Coffee Hour
- » Asian Pacific Islander Students Support Group

CAPS PROGRAMS

Psycho-Educational Presentations

Throughout the year, CAPS offers consultation, training, and education on academic and interpersonal topics to enhance student success and promote mental health. Presentations can be designed to address a variety of topics to meet a specific group's needs. Presentations can be given on topics such as stress management, healthy relationships and self esteem.

Safe Zone Project

The Safe Zone Project provides faculty and staff with the necessary knowledge and tools to serve as supportive allies to the lesbian, gay, bisexual and transgender community on campus. Allies attend a half-day training facilitated by CAPS staff.



Human Relations Summit

Each spring, CAPS collaborates with several departments to offer a three-day retreat where students learn about the experiences of people from different cultures, address issues such as ethnic and cultural identity and explore the realities of racism, prejudice and systems of oppression. Students learn valuable skills related to communication, reducing group conflict and promoting social justice.



National Coming Out Week and LGBT Diversity

Throughout the year, CAPS partners with other departments to produce public education programming designed to enhance the campus climate for LGBT and ally students. National Coming Out Week focuses on helping students understand identity issues, address questions about coming out and find support from others on campus. LGBT Diversity Week explores differences within LGBT communities.



For more information about CAPS, call (562) 985-4001, or visit www.csulb.edu/caps.