



CONFIDENTIALITY

All information shared with CAPS staff members is confidential and will not be released without your consent.

CONFIDENTIALITY MAY BE BREACHED IN CERTAIN CIRCUMSTANCES, SUCH AS:

- When you present a risk of imminent danger to yourself or to another person
- When there is reasonable suspicion that a child, elder, or dependent adult is being abused or is at risk of abuse.
- When a valid court order is issued for mental health records, the counselor and CAPS are required to comply with such requests.

OFFICE HOURS

Monday-Friday: 8am-4:30pm
Saturday-Sunday: Closed

CONTACT US

- ☎ 209-228-4266
- ✉ counseling@ucmerced.edu
- 🌐 counseling.ucmerced.edu

CHECK OUT OUR SOCIAL MEDIA

- 📷 @ucmercedcaps
- 🐦 @ucmercedcaps
- 📘 UC Merced Counseling and Psychological Services

📍 LOCATION

Second Floor
Health & Athletic Center
5200 N. Lake Road | Merced, CA 95343



UNIVERSITY OF CALIFORNIA
MERCED

COUNSELING AND PSYCHOLOGICAL SERVICES





ABOUT

Counseling and Psychological Services (CAPS) is here to support the mental health of UC Merced students - in a confidential atmosphere of acceptance and accessibility - to promote their academic, personal and social development.

CAPS clinical staff include licensed psychologists, LCSWs, LMFTs, interns and trainees. CAPS clinicians are committed to developing and maintaining multicultural inclusivity in services provided, so that they may work successfully with students of any background, including race, ethnicity, nationality, language, social class, spirituality, age, gender identity, sexual identity, able-bodiedness and physical appearance.

SERVICES

Any registered undergraduate or graduate student at UC Merced may receive the following services from CAPS for free.

- Individual counseling
- Couples counseling
- Support groups
- Crisis intervention
- Consultation and referral
- Wellness and prevention programming/outreach

If you are interested in making a counseling appointment, please call our office at 209-228-4266 or stop by the CAPS office to make an appointment in person.

CRISIS INTERVENTION AND AFTER HOURS SERVICES:

CAPS operates on an appointment basis but will make exceptions for crisis situations that require immediate student assessment and intervention. This service is only available Monday-Friday between 8 am to 4:30pm. If you find yourself in crisis after hours, please use one of the following options:

- Call CAPS after-hours crisis line at 209-228-4266 and press 1
- Call Campus Police: 209-228-2677
- Call the National Suicide Hotline: 800-273-8255
- Text "Start" to 741741 for the National Service Crisis Text Line
- Call 911
- Go to your nearest hospital emergency room

WHEN TO SEEK COUNSELING:

Students usually come to counseling because they want to feel better about themselves or their relationships with others. Counseling can address a wide variety of concerns that a student may have and can be helpful to anyone who is open to the process.

CONSIDER SEEKING COUNSELING IF:

- You feel a prolonged sense of helplessness and sadness.
- You worry excessively, expect the worst, or are constantly on edge.
- You are finding it difficult to carry out everyday activities.
- Your actions are harmful to yourself or others.
- People are telling you they are worried about you.
- You are having thoughts about physically hurting yourself or others.
- You are having thoughts about ending your life.

