



COUNSELING & PSYCHOLOGICAL SERVICES





CAPS

UNIVERSITY OF CALIFORNIA
MERCED

COUNSELING AND
PSYCHOLOGICAL SERVICES



2nd floor - Health & Athletic Center





CAPS

UNIVERSITY OF CALIFORNIA
MERCED

**COUNSELING AND
PSYCHOLOGICAL SERVICES**



Hours of Operation

Monday- Friday

8 am to 4:30 pm

After Hours Crisis Line:

(209) 228- 4266, Option 1



Making an Appointment:
Call CAPS at (209) 228- 4266



CAPS

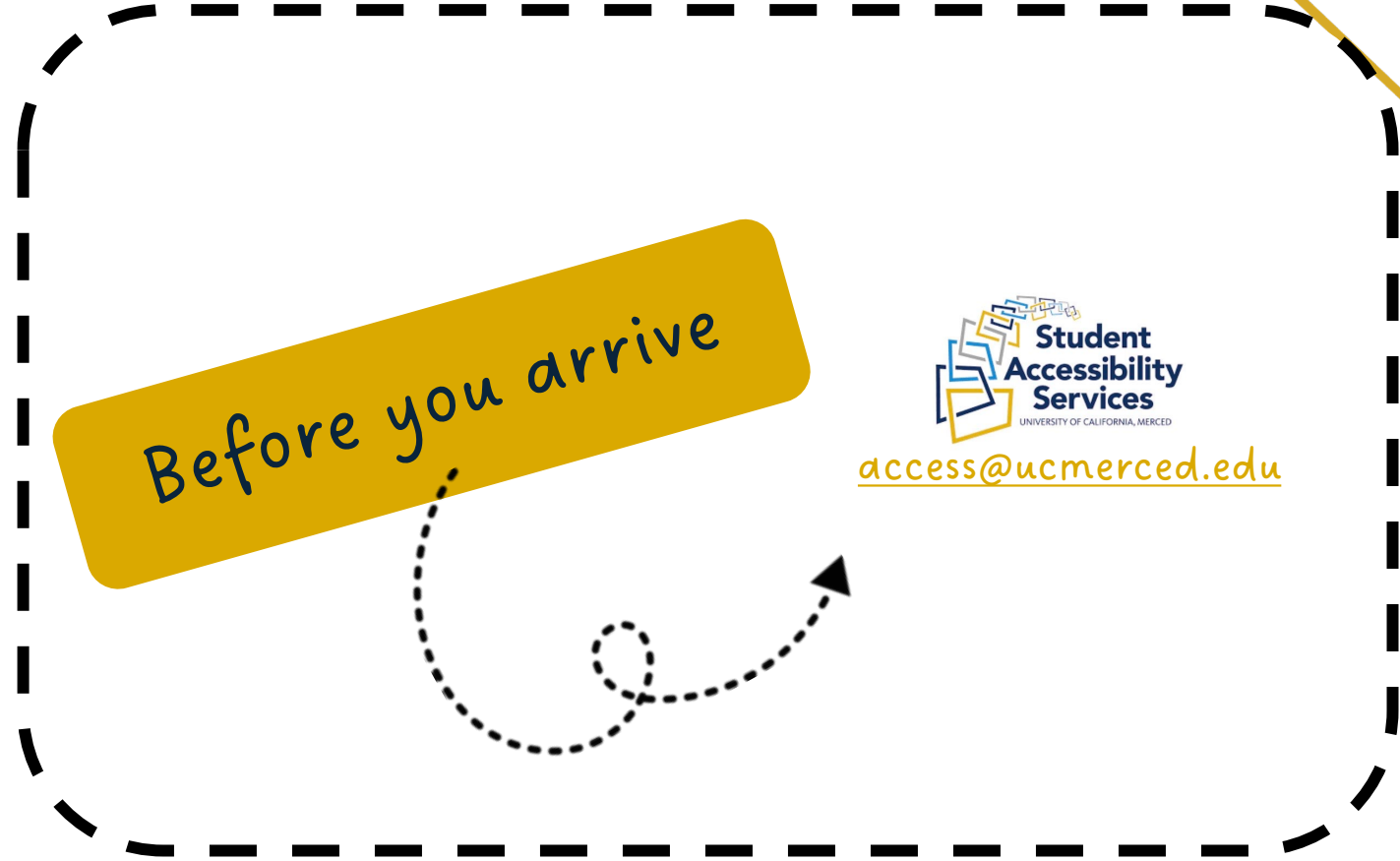
UNIVERSITY OF CALIFORNIA
MERCED

**COUNSELING AND
PSYCHOLOGICAL SERVICES**



Do I need the school's
insurance to be seen?

No





WHO WE ARE:

Dedicated mental health professionals providing exceptional care within a culturally responsive framework

DIVERSITY, EQUITY, & INCLUSION

Ongoing Professional Training
Commitment to BIPOC students
Partnerships with Campus Stakeholders
Targeted outreach programs
Black Girl Doctor
JED Foundation

Services are offered in multiple languages (i.e. Spanish, Mandarin, Tagalog, Hindi and Punjabi).

OUR TEAM:

- Director
- 4 Staff Psychologists
- 4 Behavioral Health Counselors (LCSW & LMFT)
- Post Doctoral Fellows



WE OFFER SERVICES FOR:

General conditions
Anxiety
Depression
Post Traumatic Stress
Bipolar Conditions
Schizophrenia Spectrum
Adjustment
Substance Use
Eating Disorders
Navigating Relationships
Academic Difficulties



TYPES OF SERVICES OFFERED:

- In person or remote
- Individual counseling
- Couples counseling
 - Both participants must be registered @ UCM
- Crisis evaluations
- Consultations
- Groups
- Workshops



Fall 2024 GROUPS:

The CAPS team is thrilled to offer the following groups to our students this Fall:

- Horticulture
- Express Yourself (Art)
- LGBTQ+ Support
- Grad Student Support
 - Mindfulness
 - DBT
- Find Your Focus

There is something for everyone! This is a time & place to connect, learn about mental health & learn new coping skills!



Fall 2024 WORKSHOPS:

Nourish & Flow

Nutrition & Yoga

August 31st from 10 am-12 pm

Balance with Bonsai for Grad Students

September 13th from 3-5 pm

Meet & Greet

For International Students

September 5th

Test Anxiety: Tips & Strategies

Offered: 9/19, 9/23, 9/24

from 5-6 pm

First Generation College Celebration Planting

November 8th from 3-5 pm

Taco Bout Caps

Learn to Crochet & Taco Buffet

September 11th

Balance with Bonsai for Undergrad Students

September 20th from 3-5 pm

More to come! Follow us on
Social Media!

"Queeraoke Night"

September 9th from 4:30-6:30 pm

Find Your Focus Escape Room

September 27th

Improve Your Sleep

Offered: 9/9, 9/11, 9/17

from 5-6 pm

Global Connections: Plant & Paint

October 10th 12-2 pm & 4:30-6:30 pm





OUR PROMISE:

- Safe and confidential space
- No fee regardless of insurance
- Individualized care
- Commitment to providing culturally responsive services
- Forward Thinking

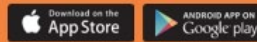
LIMITS / MANDATED REPORTING:

- Danger to self
- Danger to Others
- Grave Disability
- Child, Elder, Dependent Abuse
- Court Order

LiveHealth[®]
ONLINE

Access LiveHealth Online via smart phone, tablet or computer

The LiveHealth Online app is available on both iOS and Android



free for
those
with
UCSHIP



Hey, I'm Dr. Domonique Casper Shaw (Dr. Dom)! I'm so excited to be your Psychologist In Residence at UC Merced!

Offering 30 min. coaching sessions

www.theblackgirldoctor.com/ucmerced



FREE Calm Premium Access for UC Merced Students

Includes: Meditations, music, soundscapes, sleep stories

1. Visit <https://www.calm.com/b2b/university-of-california-merced/subscribe> on desktop, or download the Calm app
2. Create a new account using your UC Merced email address
3. You should receive an email shortly to activate your Calm Premium account
4. NOTE: User accounts are provided to Calm once a month for activation. If you are new to the campus, please try enrolling shortly after the beginning of each month.



Counseling & Psychological Services



(209) 228-4266



Health & Athletics
Center: Second Floor



counseling.ucmerced.edu

Instagram: [@ucmercedcaps](https://www.instagram.com/ucmercedcaps)

We value your feedback!



Thank you!!