

Counseling and Psychological Services (CAPS)

Dr. Barbara Thomas, Executive Director

Gillson Hall, Lower Level

Phone: (415) 422-6352

Monday - Friday, 8:30 a.m. - 5:00 p.m.

Limited evening appointments available

CAPS assists students in developing self-understanding and resolving problems that may interfere with their ability to function in an optimal manner. CAPS provides confidential, brief therapy at no charge to currently enrolled students.

Student Services

- Individual, couple, and group therapy
- Crisis intervention and management
- Substance abuse evaluation, intervention, and referral
- Psychiatric consultation and medication evaluation
- Outreach related to mental health topics
- Consultation regarding matters of a psychological nature to students, faculty, staff, family, and friends.
- Referral to outside agencies
- Classroom presentations upon request
- Resource material – books, films, brochures, and handouts

Signature Programs

- **Depression and Anxiety Screening Day:** Self-assessment is available online to determine one's current level of depressive and anxiety symptoms. Follow-up consultations are available. Materials and outreach related to this topic are also offered. (October)
- **Eating Disorders Awareness Week:** Self-assessment is available online to determine the degree of problem eating and body dissatisfaction. Follow-up consultations are available. Outreach presentations are offered throughout the week. (February)
- **National Alcohol Screening Day:** Self-screening is available to assess one's current alcohol consumption and level of problem drinking behavior. Individual consultation is also available by appointment. Print material and outreach presentations are available by arrangement. (April)