CAPS staff recognize the importance of connecting and engaging with the larger UNC community to create a culture of care.

CAPS outreach includes workshops, presentations and other programming provided on request to student and campus organizations, university classes, and other campus entities. All CAPS services, including outreach, are currently being offered by Zoom.

These initiatives can cover any number of topics, including CAPS services, stress management, anxiety, helping a student of concern, mental health stigma, mental health and minority populations, and adjustment to the university.

We provide support to many mental health student organizations (see Students Supporting Students) and assist with their campus programming. In addition, our
social media channels at All Healthy Heels Social Media and email newsletter connect students online with holistic health and wellness information, resources and events. CAPS providers Dr. Erinn Scott and Dr. Anthony Teasdale also offer a podcast, "Feeling Seen." [4]

Use the form below to request support for your mental health initiative. We try to accommodate as many requests as possible, but at times, the volume and timing of requests means we cannot accept every one. Please try to provide advance notice - ideally 2 weeks - and flexibility. Be specific as to what role you hope we can play at the event.

<table>
<thead>
<tr>
<th>Name of person requesting CAPS *</th>
<th>Name of entity requesting CAPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact email *</td>
<td>Contact phone</td>
</tr>
</tbody>
</table>

**Event date** *

<table>
<thead>
<tr>
<th>Month</th>
<th>Day</th>
<th>Year</th>
</tr>
</thead>
</table>

**Event start time**

<table>
<thead>
<tr>
<th>hour</th>
<th>minute</th>
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am  pm

**Event end time**

<table>
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<tr>
<th>hour</th>
<th>minute</th>
</tr>
</thead>
</table>

am  pm

**Goals of event**

**Request of CAPS (select all that apply)**

- Information for my group to distribute
- Information for CAPS staff to distribute / tabling
- Presentation by CAPS staff
- Supportive mental health consultant at event
- Promoting event to students
Interview CAPS staff for media
Approximate time commitment for CAPS staff
Details we should know

Source URL: https://caps.unc.edu/services/outreach

Links
[1] https://caps.unc.edu/services/outreach/students-supporting-students
[2] https://caps.unc.edu/all-social-media