

# About Us

I'm really struggling.

Saying those words can sometimes feel insurmountable. We get it and we're here to help.

Counseling and Psychological Services at UNC, fondly known as CAPS, offers a variety of services to support the mental health needs of undergraduate students, graduate students and postdocs. Folks use CAPS for a variety of reasons from homesickness to a psychiatric crisis. For those reasons or anything in between, someone can walk into CAPS at their convenience Monday through Thursday 9:00 a.m. to 12:00 noon or 1pm - 4pm and Friday 9:30 - noon and 1 - 4 pm. The initial visit has already been paid for with your student fees. At your initial visit, you will meet briefly with a CAPS provider and decide together what your next step will be. CAPS offers so many services that can help students.

Individual and couples therapy provides a meaningful interaction with a mental health professional focused on your needs.

We have an array of groups that we offer to students to help with any number of different issues and struggles that they might be having and those are facilitated by trained mental health professionals. Group has been shown to be as effective as individual therapy by research and often sometimes more effective for certain problems like interpersonal concerns.

Medication management is provided when medication can help support mental well-being.

Academic interventions assist students when mental health needs impact classroom success.

Campus outreach allows students to learn about mental health and connect with mental health professionals.

CAPS also provides support for those students who are best served outside of CAPS - helping them find and get connected with community mental health providers who meet their needs. Getting referred out happens for about a third of students when they have

needs CAPS cannot fulfill but most people get connected into therapy or groups right here on campus.

After that first visit, students will leave knowing when to come back for the next appointment and what their treatment plan will look like from there.

Asking for help can be hard, but seeing help at UNC shouldn't be. Come to CAPS and speak with a professional about the things that are going on for you currently.

## CAPS Mission

CAPS staff is strongly committed to addressing the mental health needs of a diverse student body through timely access to consultation and connection to clinically appropriate services. CAPS affirms that people of every background are to be treated with respect and dignity. The professional ethics and standards of the multidisciplinary staff at CAPS set a framework for understanding how facets of identity (e.g., gender, ethnicity, race, sexual orientation, gender identity/expression, age, physical and mental abilities, religious beliefs and socioeconomic background) impact life experience. CAPS is committed to our training programs in social work and psychology and to our staff's ongoing professional development including enhancing clinical skills and multicultural competence. We have an approach to mental health that integrates physical, emotional, academic, spiritual, social, and cultural well-being.

## CAPS Brochures

CAPS is dedicated to welcoming all to our services. To that end, we have provided CAPS overview brochures in various languages to better equip ESL students and post-docs at UNC with content about what we offer in their native language. If you have feedback on these or are willing to help expand this library to further languages, please contact [chsmedia@unc.edu](mailto:chsmedia@unc.edu) <sup>[1]</sup>.

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**Source URL:** <https://caps.unc.edu/about-us>

### Links

[1] <mailto:chsmedia@unc.edu?subject=CAPS%20language%20brochures>