

CRISIS SITUATIONS

Crisis intervention is available during office hours (8:00 a.m. – 5:00 p.m., Monday through Friday). CSULB students who would like to speak with one of our on-call counselors, either in person or over the phone, can call our phone number (562) 985-4001. For on-campus emergencies outside of office hours, please contact University Police at (562) 985-4101. If using a cell phone on campus to report an emergency, call University Police at 9-1-1. In addition, CAPS also provides phone counseling after hours if CSULB students feel the need to talk with someone. Please call the same CAPS number (562) 985-4001.

To schedule an appointment, come to our office in Brotman Hall, room 226, or call (562) 985-4001. For your first appointment with us, plan to arrive 30 minutes before your scheduled appointment time to complete necessary paperwork. Counseling appointments begin on the hour and last 50 minutes. You can help us provide the best possible service by arriving on time and by canceling or rescheduling as early as possible when an appointment must be missed.

CONTACT CAPS

Office Hours:

Monday–Friday, 8 a.m. – 5 p.m.

Location:

Brotman Hall, Room 226

Phone: (562) 985-4001

Fax: (562) 985-8817

Web site: www.csulb.edu/caps

Mailing Address:

Counseling and Psychological Services
Division of Student Services
California State University, Long Beach
1250 Bellflower Boulevard, BH-226
Long Beach, CA 90840-0111

July 2018

STUDENT RESOURCES AT THE BEACH

CSULB's CAPS Online Mental Health Screening Program
web.csulb.edu/divisions/students/caps/programs_workshops/online_assessment.htm

Academic Advising Center

562.985.4837
www.csulb.edu/divisions/aa/grad_undergrad/aac/

Career Development Center

562.985.4151
www.careers.csulb.edu

Disabled Student Services

562.985.5401
www.csulb.edu/divisions/students/dss/

Office of Student Conduct and Ethical Development

562.985.5270
www.csulb.edu/divisions/students/judicial_affairs/

Office of Equity & Diversity

562.985.8256
www.csulb.edu/depts/oed

OMBUDS

562.985.5983
web.csulb.edu/president/ombuds/

Student Health Services

562.985.4771
www.csulb.edu/divisions/students/shs

Testing & Evaluation

562.985.4007
www.csulb.edu/divisions/students2/testing/

University Police

562.985.4101 or 911
www.csulb.edu/university-police

Women's & Gender Equity Center

562.985.8576
www.csulb.edu/divisions/students/wrc/

Veteran Services

562.985.5115
web.csulb.edu/divisions/students/veterans_university/

COMMUNITY RESOURCES

National Suicide Prevention Lifeline

800.273.8255
www.suicidepreventionlifeline.org

National Crisis Hotline

800.784.2433

Community Hospital of Long Beach

562.933-9000
memorialcare.org/community-hospital-long-beach

CALIFORNIA STATE UNIVERSITY, LONG BEACH



COUNSELING
AND
PSYCHOLOGICAL
SERVICES



BROTMAN HALL, ROOM 226
PHONE: (562) 985-4001

www.csulb.edu/caps  



WHAT IS CAPS?

Counseling and Psychological Services (CAPS) helps students meet the personal challenges associated with identifying and accomplishing academic, career, and life goals. Our services include short-term counseling for individuals, group counseling, referral services, psychoeducational presentations and crisis intervention.

Counseling is available at no additional cost to degree seeking students who are currently enrolled at CSULB.

Services are provided by mental health professionals and by advanced doctoral psychology interns under the supervision of licensed psychologists. CAPS welcomes students representing all forms of diversity.

WHEN TO ASK FOR HELP

Sometimes personal problems require more assistance than can be found within your own circle of support. CAPS offers counseling for students who are struggling with issues such as family and social relationships, romantic relationships, life transitions, sexuality, grief, stress, sexual assault, anxiety, loss of motivation or depression. If you have any of these concerns, please come in or call for an intake appointment.

For a more detailed description of our services and for links to other mental health resources, visit our website at www.csulb.edu/caps

CAPS PROGRAMS

Counseling Services

During your first visit to CAPS, an intake counselor will listen to your concerns, explore options with you and help you identify an appropriate course of action to meet your needs. Your counselor may recommend individual counseling, group counseling or may make a referral to an outside service provider.

Individual and Group Counseling

CAPS offers short-term counseling for students whose concerns require individual attention. Group counseling is provided to address interpersonal and developmental concerns. Your counselor will assist in identifying and understanding your issues and will strive to help you make positive changes.

Group Counseling

Counseling groups provide a safe environment for you to learn more about yourself and your interactions with others. Each semester CAPS offers a variety of counseling groups. Typically, potential group members will have a brief informational meeting with the group facilitator to ensure that the group is a good fit. Groups that CAPS has offered include:

Skill-Based (3 Session) Groups

- Anxiety Toolbox
- Meditation, Coping, & Values

Process Groups

- Finding Your Calm: Tools for Coping with Anxiety
- Shared Experiences: A Women's Therapy Group
- Understanding Self and Others
- Moving Between Worlds: A Support Group for Asian Pacific American Women

In addition, CAPS psychologists lead several Drop-In Groups on campus. These groups are open for all students to attend. Ongoing Drop-In Groups include:

- SisterFriends
- Latinas @ The Beach
- Rainbow Cafe

Psycho-Educational Presentations

Throughout the year, CAPS offers consultation, training, and education on academic and interpersonal topics to enhance student success and promote mental health. Presentations can be designed to address a variety of topics to meet a specific group's needs. Presentations can be given on topics such as stress management, healthy relationships and self-esteem.

Project Ocean

Project OCEAN's (On-Campus Emergency Assistance Network) educates the campus on suicide prevention and promotes a climate that reduces the stigma associated with mental illness encouraging students to seek help when needed. Project OCEAN is here to support the CSULB campus by providing resources and increasing knowledge of issues related to mental health through trainings, workshops, campus events, and peer-to-peer programs. http://web.csulb.edu/divisions/students/caps/programs_workshops/ocean/



Not Alone @ the Beach Sexual Assault Survivors' Advocacy

The Sexual Assault Victim's Advocate is a certified rape crisis counselor who is available to provide support services to CSULB students who have been affected by sexual violence or misconduct. The advocate can also assist those who have been affected by stalking, domestic or dating violence by linking students to appropriate resources. The Advocate can help CSULB students affected by sexual violence through: Crisis Intervention, Advocacy, Accompaniment, Information and Referral. <http://web.csulb.edu/divisions/students/wrc/natb/>



For more information about CAPS, call (562) 985-4001, or visit www.csulb.edu/caps