Northwestern | THE GRADUATE SCHOOL
Counseling and Psychological Services (CAPS)
Olivia Hoskins, PhD
CAPS Services

- Workshops
- Phone Consultation
- "Let's Talk"
- Workshops
- Crisis Appointment*
- Personalized Care Plan Meeting
- Community Resource with CAPS Support
- Workshops
- Short-Term Counseling
- Group Therapy
- Psychiatric Services
- Community Resource with CAPS Support

*In an Emergency, Call or Come In to CAPS
Common Concerns

• CAPS saw over 2,800 students last year
• A 16% utilization rate
• The most common concerns were:
  1. Anxiety
  2. Depression
  3. Alcohol Abuse
  4. Eating Concerns
  5. Relational Concerns
Clinical After-Hours Resource

• Call the CAPS general number: 847.491.2151
• Press “0” at the prompt
• You will be forwarded directly to a clinician
• CAPS has a clinician and an administrator on call for consultations
Campus Resources

• **Student Assistance and Support Services (SASS) in the Dean of Students Office**
  - Information clearinghouse
  - Call SASS at 847.491.4582 if you are not sure where to go

• **Campus Inclusion and Community: 847.467.3987**
  - Student Enrichment Services (SES)
    - Assistance for low income/1st generation students
    - [northwestern.edu/enrichment](http://northwestern.edu/enrichment)
  - Multi-Cultural Student Affairs
  - Social Justice Education

• **International Office: 847.491.5613**

• **Academic Support and Learning Center (ASLA)**
  - [northwestern.edu/academic-support-learning](http://northwestern.edu/academic-support-learning)
Remember to breathe

Introducing breathe, CAPS’ new mobile-friendly portal, providing audio & video resources that include:

- Guided meditations
- Mind & body exercises
- Positive coping strategies

northwestern.edu/breathe
Apps & Websites

Apps

• Stop, Breathe and Think
• Headspace
• Calm
• Paced Breathing

Websites

• Breathe
• Greater Good (greatergood.berkeley.edu)
• Sounds True (soundstrue.com)