

CAPS at The Graduate College

Upset? Struggling? Overwhelmed?
Need someone to talk to? We are here for you!

COMMON CONCERNS

- Stress/ Anxiety/ Worry
- Lack of focus
- Overthinking
- Hopelessness
- Suicidal Thoughts
- Mood Changes
- Time Management
- Life Transitions
- Relationship Issues
- Trauma

**Services are
Confidential & are
Not tied to academic
records**

FREE SERVICES

- Initial Therapy Consultation
- Individual Sessions
 - Biweekly
- Let's Talk
 - 20-minute confidential mental health consultation
- Group Therapy
- Case Management
- Crisis Support Services

SCAN ME



TAO

Therapy Assistance Online



CALL OR GO ONLINE TO SCHEDULE



CAPS

513-556-0648

