

Resources For Recovery CAPS (Mental Health)

DIVISION OF STUDENT AFFAIRS & SUCCESS

CAPS offers individual counseling, case management services, Support groups, and workshops, Psychiatry services all remotely. CAPS is also available for crisis intervention. For those who don't want formal counseling, there are Let's Talk sessions available.



Open to ALL students, prices differ based on UCSHIP status.



**Call CAPS 831-459-2628 (24/7) for crisis issues and non-emergency questions
Visit [here](#) to learn more about Let's Talk groups**