Mental Health & Wellness Support

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Student Wellness Counselor

CAPS-Embedded with the School of Medicine
Overview

• My Services & Treatment Options
• CAPS Diverse Resources
• Virtual Appointments & Privacy
• University Resources
• Other Resources.
Get Connected

- Email: amahall@email.unc.edu
  - Initial apt *specific times*
  - Create a plan that meets your needs

In CRISIS: CAPS 24 hour number: (919) 966-3658 or Call 911
Brief Therapy

What is it?

• Client focused
• No session limits, but brief
• Not-one and done
• Focused and structured
Other CAPS Treatment Options

CAPS Main Office
» Groups
» Retrain Your Brain
» Referral and Coordination
» Medication Management
» Election support

Alternative Resources
» General resources
  • Apps
  • Self-help books
  • Psycho-education information
CAPS - Diverse Treatment & Support

- **Groups:** Empowering Black Women ~ Brother to Brother (support group for Black men) ~ In, Out and In Between: A Gender & Sexuality Spectrum Group ~ First in the Family ~ We Gon’ Be Alright ~ *Future: Latinx Support Group*

- **Multi Cultural Program:** Connect with a therapist of color to support BIPOC students with mental health and support being in a PWI.

- **Election Support:** BIPOC drop in group 11/5 @ 3:30 [https://caps.unc.edu/election-support-space](https://caps.unc.edu/election-support-space)
Virtual Appointments & Privacy

- Have a roommate? Ask for privacy. Can they go somewhere? Use a fan or white noise machine.
- Have a car? Private outside space?
- Does a support have an extra room or private space you could use?
- Limited private and confidential office space at CAPS. Bring your device.
Other Campus Resources

• UNC Counseling & Psychological Services (UNC CAPS)
  » (Virtual) walk    Monday-Thursday: 9:00am-4:00pm
    in hours:        Friday 9:30am-4:00pm
    (Closed noon-1pm)

• UNC Campus Health Services
  » Primary care, sexual health, physical therapy, pharmacy

• Student Wellness
  » Sexual health & wellness
  » Substance use counseling & peer support

• Ombuds Office
  » Confidential & impartial consultant for grievances
Grad Support

• Office of Graduate Education
  » Consultation
  » Workshops
  » Professional development

• OGE Wellness
  » Listserv/@OGEWellness(twitter&Instagram)/Slack
  » Mental Health & Wellness
    • Campus- Cognitive Distortions Workshop/Support groups
    • Community- Free yoga in the community/ways to get involved
  » Email Tina Craven: tjcraven@med.unc.edu
  or Susan Chen: chens@unc.edu
Grad Support

• Graduate Student Diversity: https://graddiversity.unc.edu/
  » Initiative for Minority Excellence
   • Asian Pacific Islander Desi American (APIDA) Grads
   • Brotherhood of Success (BOS)
   • La Familia
   • Sisterhood of Empowerment in Academe (SEA)
  » QGAPS – Queer Graduate and Professional Students
  » Global Grads
  » Carolina Grad Student F1RSTS
  » Military-Affiliated Grads
Any thoughts or questions?

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