

Adjusting to college life can be stressful.

Talking about your experiences and feelings with a trained professional can really make a difference. The staff at Counseling and Psychological Services (CAPS) can help you explore different ways to deal with major transitions as well as assist you with more serious concerns--all in a confidential, safe, supportive environment.

Counseling/psychotherapy can help you develop more fulfilling relationships, succeed academically and feel more connected to the SMC community.



OUR MISSION:

We strive to support your independence and emotional well-being, helping you successfully negotiate the complexities of college life while meeting the developmental challenges of becoming an adult.

The therapists at CAPS are dedicated and committed to a respectful understanding and honoring of the social, emotional and cultural contexts of each individual student.

YOU CAN FIND US:

Augustine Hall, Ground Floor

(925) 631-4364

HOURS:

Monday-Wednesday 9-7

Thursday 10-7

Friday 9-5

*Closed Daily 12-1

Sessions after 5 p.m. Monday-Thursday
are by appointment only.

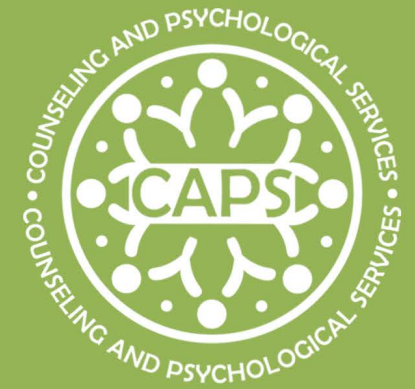
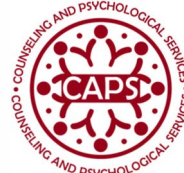
DROP-IN HOURS:

Monday, Wednesday, Friday: 1-3

Tuesday & Thursday: 2-4

AFTER HOURS CALL:

Public Safety at 925-631-4282, dial 911, or
call the 24-Hour Contra Costa Crisis
Center at x211 (or text HOPE to 20121).



Counseling
And
Psychological
Services

Saint Mary's College of California

WE OFFER:

- Individual Counseling/Psychotherapy
- Group Therapy
- Outreach Programming
- Consultation Services to Students/Parents/Faculty/Staff

WE CAN HELP WITH:

- Adjustment to College Life/Homesickness
- The First-Generation to College Experience
- Relationship Issues
- Academic Struggles
- Discussions Surrounding Racial, Ethnic, and Cultural Identity
- Depression
- Alcohol/Drug Issues
- Eating and Body Issues
- Anxiety
- Gender and Sexual Identity Issues
- Grief and Loss
- Physical/Sexual Trauma

SELECTED OUTREACH PROGRAMMING

RESIDENCE HALL PROGRAMMING

Programs on topics such as: Sleep, Adjusting to College, Roommate Conflict, and Stress Reduction.

Available upon request.

Fall & Spring

QPR

2-hour suicide awareness and prevention gatekeeper training for students, faculty, and staff.

Call CAPS to sign up for a training.

Wellness Fair

BBQ and fair with booths promoting all aspects of wellness.

September

Send Suicide Packing

Visit our backpack display, read stories from those affected by suicide, and learn how to help.

October

Pet Therapy

Finals Week, December & May

Safe Spring Break & National Alcohol Screening Day

Take a short survey and enjoy a mocktail!

April

Want to get involved?

Ask about our Peer Advocates for Wellness program (PAW)!



Check Facebook and Instagram @smccaps for program updates

FREQUENTLY ASKED QUESTIONS

Who does CAPS serve?

Services are for graduate and full-time undergraduate students.

How many sessions can I have?

Generally, students can have 10-12 sessions of individual therapy each academic year. Group therapy is more open-ended. We refer students needing specialized or longer-term care to providers in the community.

Is there a fee for counseling services?

Services are provided at no additional charge.

How do I make an appointment?

Please come into CAPS, where you will be asked to complete a brief questionnaire that will help the staff get to know you and how to best help you. You can schedule an appointment or see someone that day during drop-in hours.

